*Life's*

 Rocky

Roads” *“Through the Eyes’ of an Addict”*

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Autobiography

"About

 The

 Author”

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***Hello!***  Before you begin reading, I would like to share my inspiration and personal background of life experiences. For this is what brought me to writing this recovery guide.

 To start with, my name is Sunshine, I'm twenty five years old, (as of this date July 3, 2013) and I have three beautiful children. My inspiration and motivation that lead me to writing this come within! For its within my personal background and life experiences that I have been through or what I have personally witnessed!

 In the beginning, I always enjoyed school and always made good grades. Also, I stayed involved in sports; basketball, *volleyball*, but my most favorite, *martial* *arts*. **Tae** **Kwon** **Do**, achieving my black belt for me was one of the most unforgettable experiences in life, "*other than the birth of my children"* that meant and still means the most to me. This life didn't last long!

 In a blink of an eye, at age fifteen. One choice that lead to many more turned my entire life upside down. Unknowing at the time, (just thinking of having a good time) the things i was becoming involved with, would hold may direct factors of how life as i know it would be no more! As, most teens do I began partying! This is where I began experimenting with *drugs*, *alcohol*, and *sex*! The very first drug, I began smoking this and it is most commonly known as *weed*. Still, keeping in mind, I'm *fifteen* "*almost* sixteen" and in addition to the drug i was drinking and had now experienced sex for the first time. Unknowing, at doing these things I took my first step on to a long rocky road. In which, I traveled far too long.

 Soon after I began this journey, at age seventeen, I became pregnant. This is the point I realized the one known freedom would no longer be. Once I found out, I stopped smoking but never changed my crowd around me. Terrified as I was, I knew there was just no way for me to have kept the pregnancy secrete. With no other option, I had to face my parents with the news. Of course, they didn't take the news, of their teen daughter becoming a mother, very well. Even thought the idea and reality was soon lived; soon everyone learned to accept and live with the situation. Although, they are helping and have now gotten use th living with this idea; I still felt I had to do right by my unborn child. So i decided to get married to the father of my child.

 Although, not all eight years were bad. During this time, God blessed us with two more children. But, we were too young for marriage to start with. Hell, excuse my language, but we were too young for one child now have three and struggling to take care of our self. I love m children, but we should have not

been acting grown, when really we were still kids our self. We both were hanging out with a pretty rough crowd, and once combined this was only a recipe for disaster.

 Soon after wedding, verbal, and physical abuse began. The verbal abuse held the most impact on me. In return, this destroyed my confidence in myself and in life. I began listening and following the crowd. Soon, I was introduced to narcotics "pain killers" here at the first pill taken, my struggles with addiction began! Only because and the only reason, I choose not to say, NO.

 Not long, the narcotics quit giving me the high I was wanting. Therefore, the search began; looking for anything to get that high I was craving, (the numb feeling, to hide my emotional and physical abuse at home) to me I needed this feeling to have the strength to put a smile on my face and act as I were happy. During, my short drug hunt; of course I found it. The one! That one I had searched for, to give me that feeling. Methamphetamine ;( a.k.a. ice, Chrystal ice) most commonly (ice, meth) just as for the narcotics only because I didn't say NO.

 Eventually, I was using more and more, in which lead me to experimenting different ways to ingest the drug. In doing this I discovered "iv usage" (a.k.a. needle, banging and shooting up) most common term is

"banging" The (needle/syringe) is most commonly known;"rig or point". The shame I felt for letting my life come to this, a drug addict, plus the mental

 and physical abuse, I was losing control of my life and family! All led to very soon after my husband and my own addictions became larger and we separated.

 In having no confidence, no self esteem, the years of abuse and shame i felt inside, left me feeling as though I was a failure. I felt as i had failed as a mother and wife. I was at the point of my last straw. i couldn't take anymore! and I began, "Really" banging. I was using three times more now. Not wanting to realize but knowing better when I choose to put that needle in my arm the first time; for the day I first used I was messing up! But, never would have thought how badly. For the answer I thought I'd found would also be what I let destroy my life.

 Others fail to realize, those whom use a "needle" for drug use, develop and addiction to that; as though it is a drug itself. This is where I went downhill fast. Now, with two addictions and the mental scars, I gave up! I gave up on myself, my life, and the one i shouldn't ever my family.

 This led me to attempted suicide, three times, by iv injection of a mixture of meth and narcotics, "methadone." But, I soon seen God wasn't ready for me at this point in my life. Although, he wasn't ready for me, he did have many life lessons for me to lean. This was for my selfishness.

 As, my life quickly spiraled out of control I found myself in Tennessee, this road got much longer! Here, I found out up close and personal about jail.

 My addictions put me there but only because i let them. After ten days, sentenced to two years probations, and owing a thousand dollars in fines, acting as a fool, I ran straight for the streets. This is where I found myself beat, molested, and in many situations that till this day haunts my dreams.

 Even though I gave up the “meth.” I still was heavily “banging” just a new kind.. Where I found “cocaine” to be exact “crack cocaine” commonly called “hard”. During which I met a guy....O Yes! I thought i was going to get to live it up in best of both worlds....money, drugs, wants, and needs....Suddenly I found out I was o so terribly wrong...He bought a car, in me knowing i don’t have licenses I shouldn’t had been driving, but i was. So out one night, him and myself had became indulged in a heated argument and i decided just not to go home, *Wrong* answer, for he called and reported the car stolen...Of Course, we know what happen, *Yes*! Right back to jail I went.

 This is I truly didn’t steal the car and this is where i found out I did truly have *One* *Friend* in my life. This man came everyday to take me to eat and just simply make sure I was alive. For *always*, he was telling me I was

too smart for this life, and how I was better than this life, never the less how pretty I was. He always was positive! He eventually is who paid my bond and got a lawyer. The *Difference*, this man is *selfless*, he done this all with *No* *Expectations* in return. See, I could never repay this man all the kind and

love he has shown me.

 Now, let us take a brief moment, looking back as I sat in that dorm there at the county jail, on my top bunk. I began to look around, I noticed **No One**, for **No One** but **me** and **God** was there...*Reality**Hit***!**! As, i knew i had to change, i knew i have three babies, whom most of all deserved more that this from life, from a Mother, as everything kept racing through my mind, Remembering, i had medical results not yet back..I began to Pray. For i prayed for forgiveness for all my sins and wrong doings, Guidance, to only follow him through this life and through this road to recovery, patients, in life and my every day, and a chance! A Second Chance!! It was as though I heard this voice, “for each day you wake is your Second Chance, for i never promised tomorrow.”

 After this, I knew, I had to do something. The day after I was released, for this day I will never forget, as I answered my phone, to heard that voice. That was soft tones, as he said,” Miss, I am so sorry to have to inform you, this is dr. H, and as I am looking through your results, but the

size , location and type, I’m so very sorry but you terminal cancer.” These words shot through me like a bullet, “Terminal Cancer,” I said to myself. He gave me the percentages and reasons. Yes slow growing. “What does that mean?” “For, how long?” “What about my kids?” So many questions ran through my head. As, I hung up that phone, I fell to my knees where I began to pray, all I knew to do, for this time I prayed for Strength, to tell my family, once more, news that would rip through their hearts, and I prayed for them to not understand why but to knew that everything was going to be okay now. I prayed, for on that day, I must tell my children they understand how he needs me to come to heaven to be an angel. Yet, I still had so many fears. For, I feared of dying with regret and having lost relationships, with those whom I truly love. So here, I present to you, the steps for I took in my recovery, For, I had God guiding me the entire way and still to this day.

 As of this day, July 3, 2013, I’m clean, happy and my babies and happy, healthy, and enjoy their momma being here as much as their momma enjoys the gift to have this day with them. My hope and prayer in writing this, “I hope and I pray to the God above, my words of testimony can touch just one person and their family. Job my job here on earth then shall be done.”

I get through everyday temptation with this small reminder; I read it every day as many times as I need too...

***My Reminder.....***

For there shall **Never** be **No Drug** nor **Human,**

Ever put before MyChildren nor My Own Life

As, They and myself is more

***\*Important\****

 **From this day forth!**

## Roadway to Recovery

In one’s journey to recovery, one will have many challenges,

Anyone can have success on this journey,

The first step one takes shows, their determination,

In changing their life around,

For one must learn whom they are inside and out,

They must be able to point out

 Their own imperfections,

By not blaming others, but taking responsibility for their own,

 Actions and faults.

Must accept their past for what it is,

And be willing to change for the

Future .

**\*Remember\***

The future became brighter at the first step,

For it beholds much greatness.

**Stay Focused**

**Introduction\**

**~Through the Eyes’ *o f* *an* Addict~**

 ***For*** you, life began when your parents choose to add to their family. When your first breath of air was drawn, at this very moment, your parents were faced with many decisions! They will, for many years to come, make many important decisions that affect, not only, their life. Now, their actions and choices will influence you directly and indirectly throughout life.

 Indeed, they are only human and will make mistakes in life. Importantly, they tried their best in raising you, establishing you a foundation for life.

 Your foundation is built upon your family values. In which, you have till yet to remember these values you were blessed with the ability to learn. With this ability you also learned between right and wrong. You see, this lesson began in early childhood and still learn from today.

 Instead of your parents telling you, you learn through your own choices and mistakes in life. But, if only one learns from their choice it becomes a Mistake, yet if one continues making the same choice with the same negative outcome, for they are only being Foolish.

 Up till now, throughout the years, you used the teachings and guidance from your parents. Now, as adults you must learn to use what your parents taught you to survive and establish a positive life for yourself.

 Although, your parents expect you to make mistakes alone the way. One must remember, if learned from and moved on from it is a mistake.

 Soon enough, you will learn there is a lesson to be learned in every life experience. When you find yourself in a bad situation it is normally because you never had good intentions to start with. In result, you must stand and face the punishment. You can only learn from this if you deal with the situation honestly.

*\*Those that blame others, instead of taking, Responsibility, for*

*Their actions already knew, their intentions were wrong.\**

So, with the views pointed out thus far, take a moment, and ask yourself what may be lying a head for you on this road. In, the event, your still being Foolish and Stubborn, it’s clear you’re Not ready yet. Soon, you will wish you had opened your mind at that moment instead of progressing down this path.

 Therefore, you didn’t and decided to continue to follow this path. Until, You are ready you will find yourself following the crowd. You feel as if your standing still in life and the same reoccurring problems keep you there. Your only blending in with the crowd around you, not realizing your letting life pass you by.

*\*If you continue this you will miss out on many things, if you, Never, stand as an individual for you will keep failing in life for all the temptations.\**

For, as you continue to make these decisions, there are yet still many hard lessons to be learned. This path you are traveling will Only ever be an endless Dead-end path. “Where?” You , may ask. For, Only will you find yourself ,on this path, in jail, drug addictions, for most women, prostitution. Although the challenges it beholds, It Can All be Over came. There is Nothing in life Impossible, if You Truly want it, with having the right attitude to get it.

 The path of the world, only holds many dark areas. In time ,it will destroy, one’s self confidence. This which, takes devotion and determination to regain.

*\*This is very hard for most people.\**

Especially know, their choices they have made were preventable. For this causes regret and shame which will keep ones self-confidence down. The shame and embarrassment of what your life have become will Not allow you to accept guidance, at this point and time.

*\*This will continue until you’re finally ready to listen and accept*

*positive advice from others.\**

When the moment comes, It Will, you will see you have nothing more to lose and No One to lean on. This is the moment you realize there has to be a

 Change. Here you will be the lowest you have ever been, Rock Bottom! Here and only here reality will hit you so hard, you will Fall to your knees, the only place you realize you can go.

*\*For when you looked around you seen there were no one but You and God.*

*For God will forever be the only one you have to turn to\**

Now , upon your knees, you find yourself begging and pleading with God to spare you a second chance. For, Hold him close, this road you have been traveling for so long is far from over.

 You’ve been through many different situations that require time, to overcome, for you will never overcome them you learn to live with them. Early on, choosing to curve your pathway would have been easier to overcome and deal with these things.

*\*Example: Drug addiction, jail (legal fees), and prostitution\**

In Choosing to continue on this path, much more has happened. During the time you spent on this journey you will have met many people, face many offers, (not all offers had good intentions), and many different situations. For, these situations that presented them self will cause you to have had encounters that will haunt you for the rest of your life.

*\*Most females go through these: they will be molested, “many times”, beat, robbed, and eventually left for dead if not murdered.\**

There are few whom survive these encounters, and for those whom do, Only, had God himself Protecting and Watching over Them.

 Now, ask yourself where was your, ”friends?” Not, there right! Honestly, you need the *Blunt**Truth*, they were off getting High somewhere and in most cases Already knew what happened before you told them.

 Now, is the picture more clear? If not it will be by them time we finish, so lets get started, on turning Your Life around!!

***\*Keeping in mind we will be using small steps to stay focused!\****

## Stepping Stone One

# *“*Gaining

# Self-Confidences”

 ***F***or so long, you have been on a very long and lonely road. Now, it’s time, to regain Control of your life. To start living the life you’re proud to have, with happiness, and full of positive accomplishments.

*\*In order, to change your life, you have to begin with yourself.\**

In, doing this you Must, regain your self-confidences. For this, is Not an easy task. In achieving this you must learn to believe in yourself. This will help establish and maintain your confidence in yourself.

*\*Learn to make all choices and decisions from your heart!\**

If you do this with good intentions you will not need to second guess yourself. If you ever find you have a second thought, for this is normally because the decision you made was not the right one nor did you have the right intentions when making it.

Taking a glance back, remember when you found yourself on, Rock Bottom? How there was No One there, but You and God! For, always lean on him, for he will Never lead you wrong, nor will you ever have to question this.

*\*Keeping in mind, during your roadway to recovery,*

 *you’re going to need: Guidance, Confidences, Patients, Mental and Physical strength.\**

Look to him to give you these things and give him the thanks for answering your prayers that day, in sparring you your life and giving you the gift of today.

*\*So many jump in to situations unknowingly and fail*

*If you are patient the outcome will be more controllable.\**

Yet, still many wonder why patients are important. The answer is simple spoken but takes some many years to learn.

*\*Example: you didn’t get where you was over night nor will you*

*get to where you’re going over night!\**

So, take life one day at a time, in order to conquer each issue that may be lying ahead one at a time as the come before you. Take your time, Do Not Rush, or you’ll miss out on important positive things in life. A wise person once said:

***\*“All Great Things Come To Those Whom Wait!”\****

All in the same, Patients! With patients come accomplishments, and for each accomplishment achieved you gain piece by piece back in your confidence.

*\*If at any point during your recovery, you become*

*Overwhelmed or rush you will fail\**

With every failure, only will come set back in establishing your confidence. When you begin to feel over whelmed, take a moment to rest. There are options to help channel your frustrations.

*\*Example: writing in a journal and someone*

*positive in your life to talk with\**

The journal, will help by you writing out your frustrations and your fears, and having someone you can trust and is a positive influence, and that have positive attitudes they will help explain those fears to you. Never, should you for get Prayer.

*\*Having positive influences is a Must\**

In the world of your recovery, you must keep others around you whom always give positive, “never puts you down, brings only good views to you,” encouragement for your future. You must have guidance, for everyone needs this time to time throughout their life. Having a mentor to reassure you of yourself and what you have achieved will help you to start believing in yourself.

*\*Every time you believe in yourself you regain more self-confidence\**

The more you believe in yourself, will come more challenges of the world. This is the Negative temptations trying to keep you from achieving your goal of Recovery. In order to Never give in to this you must be Mentally Strong.

When you feel the pressure of the world you must keep your faith, have patience, and seek for guidance. For, you will be tested many times, even by society. Throughout your recovery, all the test thrown at you by society, mostly comes from those whom are unhappy within their own lives, and do not open up for change easily. However, instead of giving into them, Pray for them.In all, Never forget just the ability to have had another day was an accomplishment. There are many whom Never get this chance.

Take a brief moment to fully accept the idea of change. You started changing at that moment you realized you wanted to change! This was your starting point.

*\*Never, forget that moment, for this reason also helped you gain*

*enough faith, hope, and confidence to take that first step.\**

Learning how to be honest with one’s self , accepting your past, taking responsibility, for your life and choices made, is all it gaining your confidence within yourself. Put faith in yourself and you can overcome even the largest obstacle to begin, put faith in knowing you have the right intention when making your decision.

Stepping Stone Two

### “Power of

### Saying No”

 *S***i**nce you can remember, you have heard the word, “No,” Without knowing such a small word, when reinforced held such power. For, this word is even used by the smallest child.

 So many fail to recognize how powerful this one word can be. In life you have those who are followers ad those who are leaders. If in life you are a follower you are setting yourself up for failure. In order to be a leader you must have beliefs, values, and morals. Those who seem to always follow others can only become what others allow them to become.

In life following others, with No Boundaries, within one’s self will only lead you off a cliff, where there will Never, be a soft landing. You have basically done this already. This in which, giving you, the reason for why you’re in this position.

 In fact, if you would had self boundaries this position you found yourself in could had been avoided, with one simple word..No. Start here, ask yourself how close to the edge will you go before saying No More!

 It’s time at this moment to take control of your life. You probably have a thousand questions going through your head. Slow-down! Take a deep Breath! Remember your starting point. Some times to visibly see your progress will help one to stay focused. To do this writes your steps.

***For Example.***

1. ***Soul Search-****figure out who you want to be inside and out*
2. ***Remember Your Values-*** *what your parents instilled in you as a child*
3. ***Set Personal Boundaries-*** *how much you will take, how far you will go be for you say Enough*

Now, check your list one at a time as you complete the step. When you’re ready to stand and face the world as the “New You” Yet, it still may be scary but its all about taking Small Slow Steps.

*\*Learn to lean on god.\**

In finding yourself, having boundaries, now others will listen to you. Now, you are showing your confidence, faith, and self boundaries, in which you are determined to keep.

 Before now, others around you only have seen you as emotionally weak, as if they could treat you as their puppet to get by on in life. In which they have done by using your kindness and self esteem, using this to make them look better.

 Once you stand for yourself and your change in life has been taken you soon will learn who was a “friend” and who was a “Friend”. The real “Friend,” will be standing beside you, with only showing love, support, an encouragement you the Entire way. A s ,“friend”, those who had only negative influence in your life, as every other time, they will be discouraging and presenting temptations to you. The stronger you become and other see you are really trying, for you no longer will be their “puppet” they will fear your abilities in life you now have. The more you take charge of your own you must remain calm, keep faith, confident, and stay focused for their will be more temptations.

***Stepping Stone Three***

###

### *“Making*

### *Personal*

### *Change”*

 ***N***ow, once you have taken control of your life. You are now mentally strong enough to change certain aspects of life. Beginning, with those whom are around you, with Negative attitudes and outlooks in life.

\*Normally, this is the people for whom you had around

*While you were using drugs\**

This crowd you must let go of, as they only drag those around them down with all the negative doings. No, it’s not easy, but is necessary for you to have a successful recovery. As, you no longer, use the drugs nor hang out at the same place, you will be only surrounding yourself with temptation if you continue to keep the same crowd around you.

\*If you surround yourself with trouble, you will be trouble\*

Here you are faced with more choices, Life Choice, they are the hardest for they have the largest affect one one’s entire life. Reflecting on your past choices in friends, peers, and crowds you were around, for do you recall any positive events? Normally, if being honest, the answer to this question is No! For, they all had negative attitudes, just as you did, and outlook on life. As, they are all still doing the things you, now, are trying to overcome. Therefore, continuing to keep this crowd around you, will Never, in any manner be helpful for you in life other than keeping you headed down the long, lonely, dark path you once were traveling.

*\*Those who are doing the same you were doing*

*Can’t help themselves, how could they ever help you?\**

The influences around you folds great power over your ability to stay focused and on track. Direct influences, hold the most influence over you. This is someone who is in your life on constant bases and who you look up to. You want theses person(s) to be a positive influence.

*\*Example: brother, sister, mom, dad .grandparent, aunt, uncle\**

In order, for this to be a positive influence, they should be one who is self established, confident, loyal to others, not easily influenced by others, have and show self respect, and always striving forward. These are ones that have a job, in which they attend every day and do *Absolutely* *No* *Drugs***!**

Seeing how by now you should know the difference between positive and negative surroundings. *Put It To Use***!!** The challenge is to find the strength to separate from the “old” to allow room for the “new”. This is a major direct change. As the way you get yourself away from them can be indirectly or directly done. But, must be done one way or the other! Otherwise it will be difficult an almost impossible to stay focused and remain sober.

*\*Examples: Change your phone number, delete their numbers,*

*Stay clear of your Old hang outs, surround yourself only with Positive!\**

Positive influences, isn’t as difficult as it may see, you just never have looked around, for they are everywhere, except where you been. There are many different places you can go and be surrounded by only positive people and environment.

*\*Examples: church, youth club, and rehab!\**

Going to church can have many opportunities; You have several different individuals whom all come from different backgrounds, in which some, just as you, have changed their life around. Also, there are good to come from your testimony, by using your past, to speak with the youth, teens and young adults, could help them not to make the same mistakes, as you have. You will have so many others that are willing to sit and speak with you, and give you advice, also will never judge you nor put you down for things you may or may not have done, throughout your life. They also, can give you their testimony, in which you may use to help see the changes you too need to make.

 Staying Busy!! Having different activities, outlets other than drugs, can help you stay on track. You can volunteer at a local youth club, in helping the children there lean different activities, can be a great deal of help for you. As, you feel wanted and needed, this will help you to want to continue to do well in your recovery.

 After evaluating, these options, or others you know of, and still you can’t seem to decide on something, or having a more difficult time with recovery, you might want to think about rehab. Before you panic at the sound of this word, do some research, as there are many types of rehab facilities? You may find that there is one that fits your needs.

*\*Examples: inpatient, outpatient, long and short term\**

Inpatient facilities are where one will go and stay at the facility to complete the program they need for their recovery. Outpatient facilities one will go at appointed times, as they will then attend classes and sessions of group and private therapy as they recover. You can choose depending on your personal needs.

*\* Remembering outpatient rehab is very had to stay focused*

*In which takes a very mentally strong person,* *Inpatient rehab holds higher success ratings\**

Now, once you decide if you are going to be in or outpatient, you must decide the time you may need. For, there are short term and long term treatment programs, in both. This depends on your addiction, mental strength, and your past encounters.

 Short Term Treatment, this is a (3-6) month treatment, in which you will attend class, therapy (group and private), and gather knowledge on

How to, overcome and live with your past. Depending on if you choose in or out patient rehab will depend on how, when, and where your treatment takes place.

 Inpatient, you will stay at the facility, as there you will have your room and board, more of one on one time with the staff, and you will attend your classes and programs there, until you complete them.

 Outpatient, you will go on assigned days of the week to the facility, as then you will have your meeting, classes, and group at that time. Normally, two to three days a week. They will set an end date, date for your completion, and you must have done all the work till that point. In the case you didn’t they will just sign you out and you much start over.

*\*Inpatient will talk with you at the end*

*If not ready can allow you to stay for further treatment\**

In short term treatment programs, as in all, the impatience treatment will always hold the best results. ***It is up to you.***

Long term treatment is ***only*,** held with impatience treatment. As, like short term, you have all the classes and groups, but this program requires a (6-12) month stay. For, during this time, you will go through two parts of treatment. The first six months are just as if you were doing the short term

program, as you must start from the beginning to reach the end. The second part, the last six months is what they call a Work Program.

 ***The*** ***Work*** ***Program***, is a program set up to help, the now, recovered addicts find and establish work (jobs), and learn how to maintain without their addictions. Here, they will also learn how to manage their finances and encourage the positive things in life they can spend the Extra*, after their bills*, on. This is the highest success rating program, in my opinion, if I would had done this it may not had taken me so long with so many times of failure before I got it.

*\*You must choose not what you like but*

*What is the best for you and your addiction\**

***Stepping******Stone******Four***

## “Reputation”

 ***O****ften*, many people don’t understand how important a reputation is in life and to society. Nor, is it fully understood in how one establishes a reputation.

*\*A reputation is how others perceive you as a person\**

Throughout life you make many choices and decisions. If you seem to be surrounded by the known “drug heads” or those who in fact do drugs, you will be perceived as such, simply by association. Although, if you are seen always attending church, helping others “when or when not asked”, employed, honest, and as someone with self morals and standards, you will be seen as an, Honest Hard Working Individual. There is more than one type of reputation. Either way you will be viewed in life as something.

*\*Family Reputation and Self Reputation\**

You will be viewed for many years based upon your Family Reputation. For, this is what your family, as a whole, “normally by the last name in which goes by the fathers’ side”, is known for good or bad! Such as, if your “last name” is known for fighting, “even before your born” people will be saying, “That child is going to be a hell raiser.” Which evidently isn’t true, for just because your “family” is known for “fighting” doesn’t mean you will nor do you have to live up to this.

As, you grow to an adult, yes the family reputation will remain,” but now you are making decisions on your own, If you decide to do drugs, you will be

known as, a drug addict, if you surround yourself with this, even if you don’t do it, still your will be known for a drug addict. If you go to school/work, and have positive surrounding, you will be known as such.

*\*Your Reputation hold Great Power in Your Life\**

When you go and apply for a job, especially if you live in a small town, and you don’t have the best reputation you can count on you not receiving the position. They do not want someone known as a, drug addict, working for them as it will make their company look bad. They are looking for strong, self-propelled indivisible, able-body, whom is honest and reliable to be working representing their company. Even though, you may no longer be just that it is hard work, time, and much patients, in changing peoples’ way of thinking.

 Yes, for many days to come, even years for some choices made, you will face this, but you much rebuild your reputation. What this means is if you continue to stay on the right path and choosing the positive over the negative you can become who you want. You will become proud of yourself and others then will become proud of you and begin trusting in giving you a chance.

This does not and will not happen quickly, but one must keep up the hard work and results will show themselves. Your rebuilt reputation, is who you become and yes your “old” reputation lingers in the past Leave it there, this is where it belongs for that is no longer you.

***Stepping Stone Five***

### *“Rebuilt*

### *Reputation”*

### *“Fact Sheet”*

 **Congratulations**, you have successfully changed other others perceive you. This makes it easier to just walk outside because your confident on what the neighbor thinks of you. The challenge is maintaining.

*\*Remember it only took one choice to have Negative response,*

 *and many steps of hard work to build it all back\**

It only takes that one choice to lose all you have worked so hard for, even though you have now, rebuilt, your reputation others may be weary still for awhile.

*\*Each time you restart it’s harder to regain trust and respect from others.\**

Never, forget your , Rebuilt Reputation, is whom you have become, Not who you was. Now just like before, start your steps to maintain everything you have worked for thus far.

*\*Remember Keep a Positive attitude and surrounding at All times\**

Your self confidence is a major roll in staying on track. Remind yourself every day of who you have become and how strong you are now!

***~Keep Pushing Forward ~***

***Stepping Stones Six***

# *“Out with the*

# *“Old”*

# *In with the*

# *“New”*

 ***Y***ou have made great progress on your road to recovery. Even though you have made great progress you are still having trouble being torn between the “old” and the “new”! This is because you still fear the “unknown.”

 Well, it’s time to completely let go of the “old friends” so there is room for the “new friends.” The “old” friends are those with that have the negative influence on you. This means anything that you know isn’t right, the drugs, stealing, lying, and anything else on those terms. Also, they ones whom never have anything encouraging to say. For they do not want to see you do good, nor do they want you to start a new life . As that means they would have to find someone else to put their own faults on.

 The “new” friends will never betray you as they only want to see you do good things in your life. They will always have positive and encouraging words and never put the temptations of the negative in front of you.

There are a few ways to do this! Don’t be surprised if you have to put a few of your new learning to work. You can verbally which is a direct expression informing them you no longer want to live this way and you will No longer be around. You can in directly inform them, including changing your number( have a mentor present if reassurance an and encouragement is needed)

Also, Of course Stay Away from where you use to hang out. As there is No reason you should be in those areas. Keep a positive environment and lean on God. At any point and time you forget why this journey is important, Think, back to that exact day, and moment you decided to change your life! For that reason may had been gave you the encouragement you get to this point and gave you the determination to want to.

 For some, it was their children, as they grew tired of struggling alone for they had to put their selfish pride to the side and seek for guidance. There are several reasons for why they make this decision. Therefore, when you feel you are becoming frustrated Remember, what made all this important for you. For, the more you achieve the more Important , that reason will become, and the more steps forward you will begin to reveal more pieces of the future.

***Stepping Stone Seven***

## \*Communication\*

 ***O****ne* very hard but very important tool to have in life is the ability to communicate. This is not just being able to speak words from your mouth nor able to write letters on a sheet of paper. But, the ability to communicate is being able to Receive, a message on a specific topic, Comprehend, the message by listening fully, and Responding, to the message staying on the topic. When spoken this is called Verbal Communication.

 When two parties are in need of addressing an issue among them they best way to do so is Verbal and in Person. They will need a calm, mutual setting in order to have a successful agreement. This is without Argument. For, they both need to be calm, open minded, willingness, and accepting hearts. As, looking beyond what meets the eye, with No set solution in mind.

*\*Reminder: Communication is to receive, comprehend, and respond to a specific topic.*

For ones conversation to be successful, Both, parties must remain calm and fully comprehend the others views and opinions without any confusion, yet accepting that everyone is entitled and will have different views to the issue at hand. Remaining calm is the only way to reach an agreement successfully. *No matter what an angry mind and hear will Never succeed in anything.*

 To comprehend without either parties becoming confused and angry can only be done if One person speaks at a time. This gives the other parties the ability to respond correctly and honestly. This is all very hard for very many people, as they fail to show Respect for each other.

*\*Respect is a major role in having success in communication\**

In turn, only leads to tempers flaring when there is no respect shown. This will always cause an argument, which only will be failure to come. As, fussing and fighting are both negative actions, therefore there will forever be Negative result.

 As one speaks the words from their mouth, this is only one direct communication preformed. While, one is speaking they also, give off “vibes” by their *body language.* Body language can say more than those words in which are being spoken. For, each facial expression, movement of your limbs, and gestures made can give a negative atmosphere around a person. As you may be saying one thing your expressions, movements, and tone of voice used can say much more. As, rolling your eyes, is being sarcastic, rapid body, movement shows impatience, and the tones in your voice can show angry and the care of the issue you have. .

*\*Body Language can “Speak” louder than words\**

If the emotional atmosphere created isn’t positive both parties are wasting their time and energy. Keeping in mind this is Verbal Communication.

Very Seldom there is no way around it, but in the event there isn’t there is also, Written Communication. One should try every way around this if possible as someone whom is good with words can an excellent job on expressing themselves but the other party may not be as well with words and miscomprehend what is being said.

 Emotion can be expressed very vivid through writing. Thus, is why one should Only write with an open mind and heart in a calm setting and positive environment. As, if one shall write when angry this will show in your writings and will only get negative response, and as we know angry minds and hearts will only forever have failure.

*\*Always write with calm open mind and heart, Never with anger.\**

In this method of communication you should choose the usage and your words carefully and assure they are used correctly.

 Those whom realize they can communicate Correctly will soon see the positive results. As, they will begin having success in many things such as; jobs, relationships, and have more support with others for whom they love and want that relationship restored with.

 The result can have many endings, as they can be restored relations or can become a mutual agreement between the parties. As, if the two can mutually agree on something is success, for they didn’t fuss and Agreed on a solution for they are both happy with. Which will be one issues completed and this will become now a prior issue. This is two ways one may communicate, for it takes many years to learn to do this correctly with positive results.

***Stepping Stone Eight***

### *“Preparing for Your Future”*

 *~Positive influenced~*

***F***rom the first of your known existence, many have been preparing your future. Instead, Now at this point and age in your life you must start preparing your future how You want it.

Preparing is Not planning! You can’t make plans if you’re not emotionally, mentally, and physically prepared. Ready? Time to learn how to get prepared for the future you have been working so hard for. The only way one can do this is to Fully move on and not Dwell on one’s past.

 Dwelling will only make your past a part of the present and your present is for what leads to the future. It’s called a past for a reason, Leave It There! Those lessons for you learned are instilled in you and are your reference for those days of temptation. This will also remind you of where you were and all the hard work you have done to get to where you are now. For, this is how you will have a successful recovery and New life, and how you went from, an unhappy, non-confident, world led person to now have become this strong, confident individual. .for, who is honest, respected, and has pride in their self in not afraid of trying new things. For, now you no longer let selfish pride, stand in your way of anything, you now will ask and seek guidance.

 Always know they rocky road you journeyed down for so long taught you important lessons in life so you can now have a successful and positive future for you now will not want to learn those lessons again.

In those lessons, one will have learned the choices you make holds importance in your direct life. Also, you know those decisions were not you, for they were they was of the world and you are not that person any longer. In, reason those lessons eventually led you to your knees where you found the best guidance one can find and whom led you to here today, a non world led person, but someone whom see there are more to life than, Drugs, alcohol, and sex! For there are family, true friends and for most their children who forever will deserve more.

 Now, today you take pride in all your accomplishments, for the result in them is always positive and holds greatness for your next project. For whom you are now, a completely, now person inside and out, with no more angry and full of more love and compassion for others.

 The bright journey ahead of you is the life you have built from all those lessons you learned from those worldly choices and decisions.

*\*Don’t Rush! Stay Focused\* Take Small Steps\* Don’t forget Guidance\**

Never should one be afraid of seeking guidance, for all major life decisions. This will help gather different views and options for one’s self. For, it took much hard work to get here and it could only take one wrong choice to lose it all. Never should anyone Settle in life for less than they want from life. For, anyone can achieve anything if they set their mind and heart to it and have the will and determination to get it.

*\*Set your mind, Stay Focused, and begin the steps to accomplish each task\**

**Stepping Stone Nine**

### *“Goals”*

“ What a “Goal” is”

 “How”

 “Why”

 You have made many small steps throughout your recovery in which has brought you to an even larger task.

*\*But do not fear, for the larger the task only means there are more small steps to take.\**

Prepared for your future, not its time to plan your future, in doing so we will learn to set goals.

*\*A Goal is a task one will accomplish in a Timely manner\**

For, this can be anything from planning a summer vacation to planning your college education.

*\*Anything that requires planning, saving, and time is a goal.\**

Carefully match your goal and time needed in order for one to be able to complete. Which is do not set a goal to complete a college program “that takes a year” in six months for you will be only setting yourself up for failure and disappointment, In setting goals you must have clear understand on which type of goal you need to plan by according to what you’re planning.

*\*There are Short and Long term Goals\**

 ***A Short Term Goal***  is normally used for planning events that will take place within three to six months. In which means before the date the event is to take place everything you need in order for the event to happen will be completed so that on that day you are ready and prepared.

*\*Example: Planning Summer Vacation”*

When setting goals remember your steps. Find your starting point like always. Then plan..Write out your plan step by step..Here is an example of how to write out your steps.

*\*Example: Planning a Summer Vacation\**

*“Short Term Goal”*

1. ***When:*** *\*the date, and month you’re leaving\**
2. ***Where:*** *“exact destination”*
3. ***Hotel:*** *“housing during vacation”*
4. ***Cost:*** *“round trip amount including extras “*
5. ***Saving:*** *“exactly how much you need to save every week”*
6. ***Reservation:*** *“reserve the hotel at time you save up to that amount”*
7. ***End Date: “****date you are to leave, Achievement Date!”*

Follow your steps and check them off as you have completed them. This give you a Visual Progress. So, by your end date arrives you have completed your steps and are off to your vacation.

*\*With Short Term goals the End Date is Final. Keeping on track is Very Important\**

***A Long Term Goal*** is an event or task you plan to achieve in six months to a year. Some mix up a “long term goal” and “plan,” for after a years’ time it becomes a plan.

*\*A Plan is more than one Goal Combined.\**

A plan would be as if someone said within five years I want to; own a house, get married, have two kids. This is a Plan, if you break it down to “goals” it

would read a little more like in a year I want to buy a home, “after you achieve this goal” , within the next year I want to get married, “then you start working for that.” And so forth and so forth.

 Instead, let’s focus on Long Term Goals. In setting a long term goal one should really think about it and study the idea for a bit, for once one begins working towards something they should Always finish it. But a “Long Term goal” can be anything that will require six months or more in time and you must work towards. Unlike in short term goals, long term goals have and “Estimated end date- Achievement Day” instead of a set end date.

*\*Reasoning for Estimated End Date is because within a years’ time things can happen, so one shouldn’t be disappointed if it takes one to three months longer\**

Just always stay focused of the goal, for steadily continue your steps one at a time and Never rushing and remember your small steps.

*\*Example Long Term Goal\**

*“One year college degree in business”*

1. ***Where-*** *“starting point, what school you will attend”*
2. ***When-****“semester to which you will begin”*
3. ***Information-****“books, fees, scholarships offered, dead lines in order for you to begin the semester you want*
4. ***Finish******steps 1-3-****“Have everything in order you need to know’*
5. ***Sign Up-****“do pretesting, apply for grants and scholarships”*
6. ***Check on Progress-****“check on all you have applied for and at this point pay for any fees in which aren’t covered.”*
7. ***Schedule- “****classes, time, date, program guide showing all needed classes to complete program.”*

Now, you can start class! The only difference is more steps to reach the main point. A Long Term Goal is something you have studied and are mentally prepared. One must have determination and willingness when setting a long term goal. For, once you start one should *Never Give Up!*

 A Long Term Goal, has small amount of room for “life’s interruptions,” for some are Uncontrollable.

*\*Such as a Family Death\**

This can cause a brief “Pause” in your plans. Notice the word “Pause” this is exactly what it should been, as if you pause a movie, you don’t get unfocused and start back right where you left off after a “Brief” separation had occurred. If you don’t take a “Brief” pause then this could cause, as if you leave a movie on pause begins to rewind, a Setback. In a Setback you will have to redo or restart steps you have already completed, which in result will cause you not to reach your goal by the time you wanted.

***\*Still Never Give Up!! Keep Pushing On!\****

***\*For it’s better to have been a little late than Never to had got there at all\****

***Your Recovery Guide***

### *Summary*

### *Congratulations!*

You have completed this guide. This may be the end of this guide, but yet is only beginning of you New Profound Journey in Life! There are Great things in store for You! **Never** forget to Believe in Yourself! Continue using your steps to help achieve your goals.

***Most Importantly Hold Your Reason Close to Your Heart!***

You have already made the hardest step, Admitting to Your-Self, you deserve and always have deserved a better life.

**Always, Keep God Close!**

Continue communication with your support group, and

**Most Of All Remain Patience!**

There is nothing that can stand in your way if you;

***~Keep you Hopes High and Give Your Fears to God!~***

***~Never Give Up for You’ve Come too Far to Turn Back Now~***

### *Extra Reading*

### *“quick reference”*

 ***\*Chapter Highlight-Foot Notes\****

***\*Keys to Success \****

 ***\*Quotes for the Heart\****

 **\**Inspiration*\***

 **“When you Forget”**

***~Foot Notes~***

***“Little Reminders”***

*\*Remaining Calm and Open Minded Will Lead to Success\**

*\*Honesty within Oneself Helps put Pieces of ones Self-Confidence together\**

*\*You Can’t do Alone!\**

*\*Guidance is Necessary\**

*\*Remember to Always Complete One Issue at a time\**

*\*Establish Self Boundaries\**

*\*Clear All Negative from around You\**

*\*If one Remains around Negative they will Only get Negative Results\**

*\*Only Positive environment Will hold Positive Results\**

*\*For Successful Recovery one Must Move from “Old Friend”\**

*\*Angry Minds and Hearts will Only Fail time and time again\**

*\*Without Communication lost relationships Will Remain Lost\**

*\*Communication is to Receive, Comprehend, and Respond accordingly to a Specific Topic\**

*\*Ones Past Doesn’t mean that’s who they are But Helped whom They have Now Become\**

*\*Ones Past Leads to their Present, which beholds Many Paths for their Future\**

*\*Life holds Many Lessons to be taught, through these Teachings holds ones Learning Tools for Success in Life\**

*\*Take Pride in your Work, But Don’t left Selfish Pride stand in Your Way of Success\**

*\*Give All Fears to God\**

*\*Never be Ashamed of your Past, for this is how you Became This Person Today\**

*\*Through Prayer Anything Is Possible\**

***When you got up today***

***Never God was giving you a***

***Give******Second Chance!***

***Up******Now It’s up to you what***

***You do with it.\****

*~Life is Shorter than One Thanks;*

*Each Day is a Gift;*

*Don’t take One Moment for Granted;*

*For Tomorrow May Not Come!*

***Keys to Success***

*“You Must Remain”*

**Calm**

 **Confident**

 **Devoted**

 **Determined**

 **Faithful Focused**

**Patient**

**Quotes**

**For the Heart**

**From the Heart**

~**Laugh** every chance you get, for it may be the last

~**Live** like there’s No tomorrow; For it isn’t promised

~**Love** Unconditional; Without judgment nor expectations

~**Don’t** look back; Keep moving on, and Learn how to Face your Fears.

~**If** a Chance is Never taken in Life you’ll Never find True Happiness

~**Until** your Perfect; Don’t cast Judgment upon Others

~**Never** look at a Person with Open Eyes, Yes Blind with an Open Heart

~**Before** speaking, Search for the Good in a Person and Compliment Them

~**You’ll** Never be Happy Until You’re Happy with Who You are

~**If** you Don’t Love Yourself How can You Love Another

~**Use** your Strengths to Help another Rather than keep them Down

~**It’s** Easy to admit your Right; It takes a Strong person to admit when Wrong

~**Don’t** stress over the Small things in life, Keep Moving towards the Greater things

**~Never** assume the outcome depending on one’s attitude

~**There** are Many Solutions to Every Situation with Patients

~**Never** forget your Values

 **~Never** forget All the Hard Lessons that were Learned from one’s choices

**~Be** willing to Always Help from the Heart and Never with an Expection.

**~Life** is what You make it Don’t let Others make if for You

~**A** Mistake is a Choice Learned from and Moved on; But a Joolish Person will make the same choice in Always having the same Outcome

**~A** Wise Person is Willing to Lean the Fool thinks they Already Know

**~A** Honest heart will Pray with Another, the Fool will Only talk about them

**~One** whom can Communicate can have Success in Anything

**~Be** a Leader in Life; as Following the Crowd will Only lead you off a Cliff

**~Material** objects will Only Fill the Void for the Moment; But Spiritual Fulfillment last Forever

~**Happiness** is Much More than that meets the Eye

**~Don’t** let Life knock you Down; Instead Learn from Lessons thrown at You

*Inspiration*

### *“When You Forget!*

***W****hen you’re having that bad day*

*And temptation is bothering you,*

*To the max, for remember to*

*Pray!*

***\*Remember\****

***T****hat moment, the exact moment,*

*You decided to begin this journey.*

*That one reason, at that one moment,*

*That gave you the strength,*

*The courage, and faith,*

*To travel upon this*

*Road to Recovery.*

 *For thus reason was important*

*Enough on that day,*

*To make this change.*

*On that day, all those thoughts*

*In which ran through your head*

*Soon place that reason*

*Into your hands.*

*If was for that reason*

*For it helped to place you*

*upon your knees.*

*For, thus reason for your change*

*Now and forever will be*

*What’s important*

*Thus is why you must keep moving on*

*Without ever looking back*

*For if you feel the need*

*Get back upon your*

***Knees.***

***Never Give Up***

***For God didn’t then nor***

 ***Never will he give up on***

***You****!*