

Serenity Seeker

Gingers, Recovery Room

A breakup with my true love, best friend and identity but also my worst enemy and assassin. I believed all its lies and fell victim to the illusions it gave me. Well, I guess I should introduce myself, shouldn't I? I'm Charlotte and I'm currently rebuilding my life after years of destroying it because of alcohol addiction. My biggest regret of all is not seeing what my relationship with alcohol was doing to my life nor to the people around me and especially the people who loved me the most. Sobriety has given me a life I'd never had for a long time. I feel grateful everyday, and if I get my head on the pillow at night after not having a drink, no matter what, it's a pretty good day.

I want to share with you the raw truth behind getting sober and staying sober, like wise for getting clean and staying clean. "A life beyond your wildest dreams" they say but also all the hurdles and setbacks we come up against. People say it's simple, just stop drinking or using, BUT it's flamin' hard work and painful. We are essentially breaking up with the substance we always relied on. It's a complete shift physically, mentally and emotionally for us. Only the people who are going through it, will ever understand the daily struggles we face. Some days you feel like you're walking on sunshine, yet the next day you feel like, locking the doors, shutting the curtains, and cutting all contact to the outside world.

My weekly blog will be brutal, but honest, with no airs and graces. Sometimes, you read things or listen to others and think, "what the hell are they going on about?" or "that's just not how it works". Professionals weening you off drink or drugs or filling you back up with replacement medication. Being referred to counselling, for them to reject you because you are drinking or using. The fight is nothing more than going round and round in ever decreasing circles. I will be writing from an alcoholic's concept. From the positives, being motivated then going to dark depression and anxiety, emotions and relapses. You name it and I'll cover it, but equally if there's something you want me to cover or share my strength and experience with, let me know. If I don't know the answer, we can find out together, because although I like to think I know it all!! Obviously, I don't, but I do have a lot of market research and first-hand experience. This is your journey as well as mine and all our journeys are different, but our end goal is the same. Get sober and clean and stay that way to live our best lives. Just remember there is always a voice at the end of the phone and we are a family that understand! Not only from an alcoholic or addicts' point of view, but also from the experience of people having to deal and watch us destroying our lives.

My first blog post will be about the first step into recovery, 'acceptance'. Eurg, something I never wanted to do. Accept defeat or accept I was wrong, because no matter what the situation, I was always right.

But, for now remember you're not in this alone, and just live one day at a time. Cliché I know, but it's a cliché that works!

Lots of love

Ginger x