

Katie - 40-something, Pittsburgh, PA

- **Former maladaptive behavior: alcohol**
- **Member, SMART Recovery® Online**
- **Sober: 15 months and counting**

My history with SMART Recovery® started June 2005 as I realized my drinking was spiraling out of control and I had to do "something" or lose my life and those I loved.

I began to read recovery books and searched for help online. I decided AA was not a philosophy I could agree or accept for me. I felt it to be "shamed" based and I had already had enough shame for a lifetime. I wanted a program where it was "my responsibility" to stop the addiction.

I found SMART Recovery® Online and began first to read all the resource material. I lurked for months, in the stage of contemplation, not ready to take the plunge yet. Then I lost my beloved Dad in August of 2005 and spent months drowning my sorrow in drink.

Fast forward, December 4, 2005. Intervention brought on by concerned family members, three days in detox, fighting tooth and nail against this "imposed" event. I came out of rehab even more determined to drink, and show them all who had control. Still not accepting the fact that I wanted to stop drinking.

Finally, I took the courage and did my first CBA. It began to dawn in the deep recesses of my mind that yes, I did want to get off this horrible merry-go-round and I reached out to the only support system I felt comfortable with--SMART Recovery® Online. I took the plunge and joined the "Going for 30 Days" thread in March 2006 and my life has never been the same.

SMART Recovery® was there in my dark desperate times, with **tools, resources, meetings and most important, supportive non-judgmental people who were on the same path, above and behind to lend me a hand.** I can only hope to give back all that I have been given.