Next Step Staff Stories: John Murphy

John's Story

I was a heavy drinker and functional alcoholic for 20+ years. I never missed a day of work. I didn't think that I had a drinking problem until I lost my license for 5 years after my second DWI arrest.

At the urging of my parents and friends, I did a couple of short stays at High Watch Farms in my home state of Connecticut, but I was only able to stay straight for a few months. The temptation to drink was great and I wasn't yet ready to stop.

Soon I found myself back in my old unhealthy routine of work, drink, work, drink. After the passing of my parents, I decided to move to South Carolina and live with a lifelong friend. The arrangement worked well for a while and I was hopeful the change would help me to stop drinking. However, it only grew worse and at the young age of 47 my health started to rapidly decline. Fear and reality set in, and I finally realized I didn't want to drink myself to death.

How John Came to Next Step Recovery

On September 15, 2006 I entered Pavillon in North Carolina. I followed their program exactly and experienced success. Pavillon recommended Next Step Recovery for aftercare, and I chose to follow that recommendation. That was the best choice I ever made! I quickly fit in with the group and was impressed with the home and community atmosphere the staff and Susan provided.

After a year, I was offered a staff position at NSR and gladly accepted. I felt it was a great way to give back for all the help and

support that had been provided to me. I am happy to report I have been clean for 10 years now and am looking ahead to many more.

John's Advice for Those on the Path to Recovery

Everybody has a different situation but the goal is the same… Sobriety! You have to want it; it doesn't happen overnight. There will be high points and low points, but stick with it and it will work. Many tools are available to help you with recovery; use them!

A Fun Fact About John

I love coffee, but only with milk in it!