

Shannon's Interview with Rebekah Cole

April 1, 2019

YOU are worth it!



SL: How and when did addiction begin manifesting, at what age?

RC: My addiction began when I was very young around age 10. I was addicted to lying and stealing; those were my first addictions. As I got older, hanging with older kids, I wanted to fit in so whatever I had to do that seemed “cool”, I did. I experimented with alcohol and marijuana and as I grew up so did my addiction to much harder drugs.

SL: How did your addiction progress from there?

RC: My addiction progressed quickly. I would say, I'd never ..I would never.. then at the end there wasn't anything I wouldn't do for the next high, even those same things I told myself I would never do, I did.

SL: Can you describe your path towards recovery?

RC: My path to recovery was rocky. I would build some time up and when I felt overly happy, sad, lonely, angry, any excuse for me to use, I would. It finally got to a point where I was tired of disappointing my family and my children and tired of living on the streets going to jail and feeling as though I was nothing. It was my last time in jail when everything clicked in my head that I felt like I was worth it. This time I was going to do whatever I could to not be where I was in that point in my life again.

SL: Please describe your childhood?

RC: As a child, I would tend to get into a lot of trouble. I have three sisters and we were all different in our own ways. I grew up in Arlington, a small town with my parents who are good people. I always adapted well in new environments but, I would get lost in my childhood because I always would try to fit into crowds and do whatever I could to be liked. I never knew who I was as a person and I am still trying to figure that out today. I always had friends but, deep inside as a child I always felt like I was missing something which always led me to act out and do things I would normally not do just for attention.

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SL: What has helped you maintain your recovery?

RC: What helps me every day is my children and my family. Seeing how far I've come and what I am capable of, I know what I am doing is the right thing and I am where I am supposed to be. I don't regret what I've been through because I would not be the woman I am today. Although, It's been very hard after losing my children's father due to this disease in October 2018. I hit a very low part in my life then, but using was not an option for me. Being strong is what he would of wanted for me and that's what I am going to do. No one said this was going to be easy and some days it's not, but my good days outweigh the bad ones and I don't ever have to go back to where I once was. I stay in contact with my sponsor, my therapist, my family, my network, and most of all my Higher Power. There is nothing I cannot overcome. I want to show my two daughters that they have a strong mother and show them that there is nothing they can't overcome with hard work either.

SL: What advice would you give to someone in early recovery?

RC: GET A SPONSER! I can't stress enough that my sponsor has helped me in ways I can't even explain. She's my rock. Also, network. Get into the steps and if you've been through some tough stuff I recommend a therapist. The best advice I can give is NEVER give up! I'm not going to lie, it's going to be tough, probably the toughest process you will ever have to get through, but it's worth! Being alive IS worth it! YOU are worth it!

