

Smokey's Interview with Chris Brennan

October 30, 2021

"You were never created to live depressed, defeated, guilty, condemned, ashamed or unworthy. You were created to be victorious."



SC: Please describe your childhood?

CB: Born and raised on Walford Way with my single mother, sister, and younger brother. All four suffer from this disease.

SC: How and when did addiction/alcoholism begin manifesting, at what age?

CB: Addiction really started to begin around 10 years old with fear and insecurity. Spent a lot of time doing things to act out – bad behavior towards parents, theft with friends.

SL: How did your addiction progress from there?

AM: I started committing crimes with friends and then I discovered marijuana at age 14. Alcohol and harder drugs followed after shortly.

SC: Can you describe your path towards recovery?

CB: I got sick of the way I was living – the lies, the low self-esteem – and I needed a change. Everything I had was on the line. I had gained a family and great employment despite my addiction and I was about to lose it.

SC: What has helped you maintain your recovery?

CB: Other alcoholics and addicts. My main source of recovery comes from meetings and my sober network. I speak to easily a dozen different alcoholics on any given day.

SC: What advice would you give to someone just beginning their steps towards recovery?

CB: Get involved with a group! The more time you are with other alcoholics and addicts who are in recovery, the more you'll see the way...