

Shannon's Interview with Alfred Jones

September 28, 2018

A better life for myself

SL: Please describe your childhood

AJ: At a very young age, around 5 years old, I became a ward of the state, so I grew up in foster homes and programs. It was very difficult at times. Later on, in my early teenage years, I became reunited with my biological family.

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

AJ: My addiction manifested in middle school. Smoking pot and drinking with friends became the norm. Eventually, it became an everyday occurrence to use marijuana or alcohol.

SL: How did your addiction progress from there:

AJ: It gradually took a toll on my education, relationships with family and friends and my overall outlook on life.

SL: Can you describe your path towards recovery?

AJ: My path towards recovery has had its ups and downs. However, at this point, I have realized life is better sober. Knowing that all I have is today keeps me going.

SL: What has helped you maintain your Recovery?

AJ: The things that have helped me maintain my recovery are my daughter, family support and wanting a better life for myself.

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

AJ: Don't worry about anyone else, but yourself. And at the right time you will know how and when to care for others. You can't help anyone until you can help yourself.

