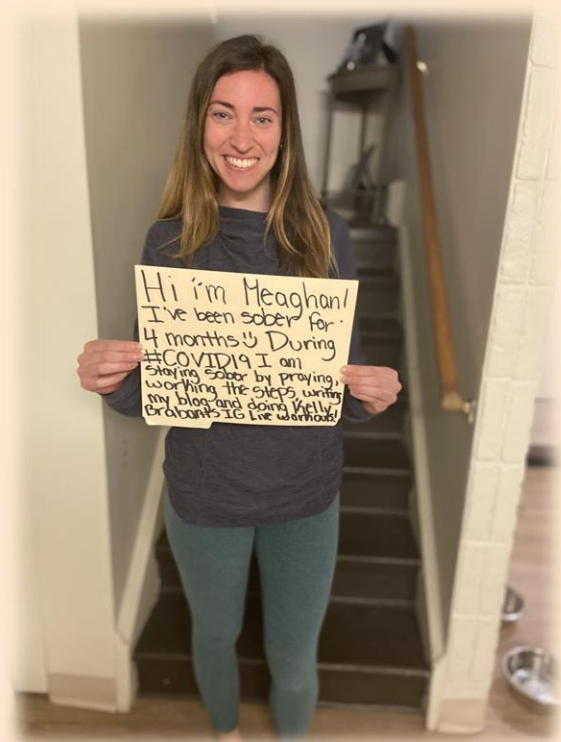


Shannon's Interview with Meaghan Doherty

April 30, 2020

It works, if you work it!



SL: Please describe your childhood?

MD: I was born and raised in Charlestown and am the oldest of three. I grew up going to the Boys and Girls Club. Growing up sports were my life especially swimming. I pretty much played every sport Charlestown had to offer thanks to my parents. I had endless opportunities growing up in Charlestown and for that, I am forever grateful.

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

MD: Shockingly, I was 18. The first time I got drunk was the summer before my freshman year of college. I knew I loved the effects of alcohol from that very first time. I was always a very anxious kid, but when I would drink, I would be the life of the party and those feelings would immediately disappear.

SL: How did your addiction progress from there?

MD: I would wake up with debilitating anxiety and bouts of depression following my drinking, but I couldn't seem to stop nor did I want to. I was diagnosed with Generalized Anxiety Disorder going into my freshman year of college and was put on anti-anxiety medication. I would continue drinking and blacking out while on the medication because I thought that was what people in college did. I was willing to take just about anything the doctors prescribed me to feel better. After college, I started smoking a lot of weed and that became my drug of choice. I used marijuana as an escape as I did with alcohol.

SL: Can you describe your path towards recovery?

MD: Alcoholism and addiction run in my family. I always knew I had a problem with drinking, but never thought I needed to seek help and stop altogether because it wasn't something I did daily. I tried to stop drinking for 4 months and did it on my own but, I soon relapsed because I thought I could drink like my friends. After willingly checking myself into the psych ward I talked to my uncle who is in recovery and he suggested that I surround myself with women in recovery so I decided to go to my first A.A. meeting and haven't looked back since.

SL: What has helped you maintain your recovery?

MD: I have a sponsor who is taking me through the steps, a home group, I attend meetings weekly if not daily, I talk to other women in recovery on a daily basis. Prayer and meditation have been instrumental in my recovery as well.

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

MD: Be willing and take suggestions. Attend as many meetings as you can and talk to other men and women in recovery. It works, if you work it!