

Shannon's Interview with Kelly Murphy

February 29, 2020

Don't Quit before the Miracle Happens



SL: Please describe your childhood?

KM: I am the youngest of 4 children that grew up in an alcoholic home. If I were to use one word to describe my home life, it would be chaotic. My parents divorced when I was age 4 and at this point my brother and I were separated; he went to live with my dad and I stayed with my mom. This separation was devastating because me and my brother were very close. My mother's alcoholism didn't stop which led to some neglect, so when I started hanging with the wrong crowd it went unnoticed.

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

KM: Looking back I would say my first addictive type behavior was theft. At age 10 I was introduced to stealing and it was just the rush I was looking for. I could get what I wanted, when I wanted and it was free. At age 12 though, was my first drink and the next few years following were spent experimenting with different types of drugs and alcohol. I would say the first time I thought my using was problematic was when I broke into a house at age 14 to steal money from a woman, I babysat for, to get drugs.

SL: How did your addiction progress from there?

KM: The progression was directly linked to people, places and things. I hung out with older kids whose own progression had already led them to heroin, so by age 16 the experimenting had stopped and heroin became my drug of choice. It was downhill from there and by age 19 I found myself entering into my first round of treatment. At age 21, I found myself pregnant and believing that a child would get me clean, but even the birth of my daughter couldn't keep me clean. Eventually due to my using and contributing factors, like the death of my brother, my using brought me to homelessness and a complete loss of any value that was remaining.

SL: Can you describe your path towards recovery?

KM: Difficult and long. Recovery isn't easy and I have had multiple years, multiple times. I can't even sit here and honestly tell you what is different this time around. What I do know is desperation and willingness kept me trying this whole time. The main reason I kept at my pursuit of living a clean life was that using no

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longer made me happy. I was tired of the never-ending sadness and brokenness. Using brought me to a place that was dark and lonely which made me start seeking avenues to change that. I wanted to be a good mother, I wanted to be a good friend, I wanted to honor my brother, all of these things kept the drive alive.

SL: What has helped you maintain your recovery?

KM: Maintaining sobriety is one of the most challenging parts of this, but for me it's linked to connection. Connection to God, the program, work and people who genuinely love me. Every day I put in a lot of work to ensure these connections are kept strong.

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

KM: The number one piece of advice I have comes down to one word, patience. I wanted everything so fast, but that's not how it works. You need to be easy on yourself and take the time to fix the inside. I do this by working the steps and also taking the time to work on things in therapy. Getting clean and working on your mental health go hand and hand. This all takes time though, so don't quit before the miracle happens.

