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On Behalf Of:	4d recovery
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My Journey of Transformation

For years, I was trapped in the cycle of addiction. My next high was always more important than anything else—even my own children. I lost them, lost myself, and lost hope. Every time I tried to get sober, I never truly did. I never took a hard look at myself, never faced the real reasons behind my addiction.

Prison wasn't a wake-up call for me. I was incarcerated three separate times, spending a total of nine years behind bars. It was just another part of the life I had come to accept. But in 2023, everything changed.

I was picked up—high, miserable, and broken. This time, I was given an incredible gift: an attorney who saw something in me that I couldn't see in myself. Instead of another prison sentence, I was given an opportunity—treatment. And for the first time, I took it seriously.

People say we can't change. That addicts are hopeless. But I'm here to tell you: we can. I am. I wake up every day committed to becoming a better version of myself. I'm not just sober—I'm transforming.

I've joined a running club, GTD, pushing my body and mind beyond limits I once thought were impossible. I work for an incredible organization, 4D Recovery, where I help people just like me—people who are lost, addicted, and hopeless—find a way out.

I know what it's like to feel like there's no way forward. But I also know that change is possible. I'm proof of that.

If you're struggling, know this: your past does not define your future. You can change. You can rebuild. And you don't have to do it alone.