

Life is a choice, left or right, right or wrong a choice has to be made in ones life.

And this is what I chose

My journey started in 2006 and ended in 2009

While my parents drove me to Noupoot I had all these crazy thoughts going threw my mind, I thought I was going to be thrown in a room and they were going to throw away the key. I pictured dungeons and food given to me threw a hole. After I heard how bad Noupoot was I was really scared.

After my Mom and Dad found out that I stole their year savings and spent it on drugs they were devastated and they needed to get me help and fast!!

My body was battered and bruised and I was coming down fast, I started withdrawing and I was in a bad space and had no real thoughts about my future.

But I can say the reality sets in when you sitting in a strange room with other girls who look well but are also in recovery but they have just been there longer.

I hated all of them the anger was high but it wasn't anybody there that I was angry with it was myself, I hated Angela Smith!

I think the hardest thing in recovery is self forgiveness cause you have constant memories of the things you have done.

Sitting on a bed with one bag of clothes and toiletries in a packet you begin to think this is it!!!

You don't have mommy and daddy wiping your tears this is the realization that you have to start being an adult and sort your life out! 8 months isn't enough time to get threw all your issues but at least it's a safe environment to start setting the foundation. With love and guidance from all the staff at DECM you start putting all the pieces together.

What I would like to share is that people can't fix people only you yourself can fix you! But what is nice is that DECM gives you the tools to start making the right decisions.

Like I said in the beginning life is a choice, I choose everyday to stay clean. I love that I have the power to stay clean. I will not be shaken I stand firm.

Addiction is not a disease it's a choice!

I would not be sitting here 5 years later typing this testimonial if it wasn't for DECM.

I was not a Christian when I got to DECM, I was completely opposite but with the truth I was set free. The staff showed me that there is only one way and that is God's way, if you choose to take things into your own hands you will not succeed.

There is no easy way out of recovery, you need to pull up your sleeves and get in. You are not a victim but a survivor of your destiny, everyday we have a choice, make the right one!

Recovery is no easy process and it might take a couple of times, some people have to run into the same wall a hundred times before they start learning but with drugs you might not get to the 100th time ...