



On September 12, 2011 I came to Promise of Hope broken and hopeless, thinking my life was over. I had destroyed every relationship in my life and had nowhere to go. Promise of Hope gave me a safe place to heal physically, mentally, and spiritually. It is here that I began to learn about how powerful my disease was and eventually find myself. I had been so manipulative and dishonest and played the victim for so long it had become the norm for me.

I began to understand how my disease had been the driving force in my life. I learned that my problem was much bigger than just living without drugs and alcohol. Promise of Hope showed me how my disease lived in my head and my perception was distorted, as well as the fact that I was overly emotional and hypersensitive. Learning this was very freeing to me. I realized I wasn't crazy and I was no longer a prisoner of my mind.

After six months I finally surrendered. I was then able to learn how to live a life that was no longer driven by my disease, but by God. I was able to give God my entire life. I began to develop a relationship with Him. I began to rely on Him, my mind stopped racing and I began to feel comfortable in my own skin. I started to understand what peace felt like.

Every day is not perfect and life can be hard and difficult at times, but I don't have to use drugs or alcohol to get through them. God, a program, and the tools I learned to use here help me through the hard times. Today, I have real relationships with children and family. I have friends who support me when I need them. I am able to take care of myself and be available for others.

Today I can say September 12, 2011 was the best day of my life because it was the day I began to live a life without drugs and alcohol and began the most exciting and amazing journey that continues today. Promise of Hope saved my life and today I have a life beyond my wildest dreams. I will be forever grateful for Promise of Hope.

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