

# Six months into **recovery**

Thirty-four-year old Matt has just spent his first six months in treatment at Littledale Therapeutic Community. He tells us how his life is changing.

**The biggest thing that going into detox and rehab has done for me is to give me my life back. This is true on so many levels.**

All the things I had lost during my addiction that I thought I would never get back, I now have the opportunity to regain. Before, all I had was an existence, but now I have a life that is worth living. I wake up in the morning and I look forward to life again. I am not worried about where the next bit of money is coming from, who I am going to bump into today, where I will end up, or what I will be doing. Although I will never get back the time I have wasted, I will be able to make something out of the future that I have now got. It is a wonderful thing to be living my life clean again, knowing that I have all the things in front of me that I could possibly want in life, if I choose to take them.

Detox was not easy but the way I now look at it is, if we put half the effort that we put into trying to obtain money on a daily basis, there is nothing that is not achievable. Yes it was painful, yes it was hard work, and yes it felt like I wanted to give up at times. But if you are at the point that you have had enough of life and want to do something about it, then you are already at a point of strength, as to make that decision is the first of many steps on the road to regaining your life.

Rehab is much in the same vein: for many people it is not enough to just do a detox, as there are usually underlying reasons for why we used in the first place. It is about addressing these issues to make sure that when you do re-enter society, you have a better chance of continuing your life free from all of the things that you used. The best advice I can give is to make that leap of faith in your own ability. I doubted my own abilities to do this, but after the initial few weeks and months, things get easier to deal with.

The most amazing thing that I have gained from being in treatment is the change within myself. I

used to have a feeling that I can only describe as turmoil – an accumulation of all the feelings that I have never dealt with before in my life. If you carry these feelings around with you for so long, you start to get confused about whether these feelings are a part of you and something that will always be there. For so long I felt that I would never be able to

to deal with things that will arise in my future – things that I previously would have run away from as I thought that I would never be able to cope. The biggest thing that being in treatment has been able to give me is change; the ability to change myself as a person, the way that I deal with things – and most of all, the way that I view myself. My turmoil is now

abating; it has been replaced by a feeling of contentment and of being at peace that's so far away from the feeling I used to have.

I am able to understand that all things in life will not be good, but it is how I deal with them that sets me apart from the person that I was. All I saw before was the negative in everything, the bad side of all that was around me. Now I see that there are still bad things that can happen to me but it is how I approach them – even bad experiences can be good if I can learn from them. They will only continue to be bad if I repeat them. I still have a long way to go in treatment, but all that I have learnt so far will give me the ability to lead the life that I want – the life I should have had if I had not let my own insecurities lead into my substance misuse.

Going into treatment has been the best move I have made in my life, and if you are wanting to do something to change your life, have faith in yourself and make this step. It will be the best thing you can do to regain your life. Try and obtain as much information about different rehabs as you can, as they are all different in their approach

and styles of treatment, and if you get a chance to go on a day placement, go, as it will give you a better insight into the place and the people in it. I did, and I went away knowing that the place I am in was the best place for me.

If you have had enough of your addicted lifestyle and you have the determination to fight through the hard times ahead then I would encourage anyone to look into treatment and what it has to offer. Do it for yourself, as no one will be able to do it for you.



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change, and that I would just have to accept them. As time has gone on for me in treatment I have found that this is not true, and through working out what the issues are that created these feelings in the first place, I have been able to find a way of dealing with them.

This is something that I thought was unachievable for me, something that I would never be able to do. But I have, and I am continuing to do throughout my treatment, and it gives me the ability