

Connie's Story – A Light Drinker

Anxiety and depression. Depression and anxiety. These have been my companions for my whole adult life. I am very grateful to alcohol for seeing me through years that would have been unbearable without it, maybe I shouldn't admit that. But at least every day I knew there would be an hour or two in the evening when the buzz saw inside me would shut down for a few hours. I never got to the point of drinking more than 2 or 3 drinks, but I was totally dependent on those 2 or 3 drinks to quiet my nerves.

Of course, pay back time came in the night and next morning. However many times I read that if you have insomnia you should not drink alcohol, that's how many times I ignored it. It worked too well and I didn't try quitting. I held up the pattern, slogging through morning lethargy, anxious through the day and looking for my reward at 6:00.

Then I read about myself in the pages of some books on our reading list. There is something big about seeing your story in the pages of a book by somebody you never met. The authors predicted exactly what medications I'd lean toward, my favorite food and drinks and dietary issues. They also talked about the diet and lifestyle changes I needed to make to manage my moods better.

I had the opportunity to get really angry about all the time and energy I'd wasted, not to mention the damage to my self image over being such a nervous wreck. I am not a nervous wreck. I am a sane person in a crazy body. I was having a logical response to my anxious body and self-medicating for the anxiety.

I am so grateful that in Suppers for Sobriety I get exposed to the literature of many wisdoms. I get to hear other people's stories, and I get to try on for myself the recommendations that call to me.