

## Kim's Story – I Quit. He Didn't

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When I stopped drinking, it completely changed my relationship with my husband. For years we worked hard, raised nice kids, vacationed and did everything together, including plunging into the cocktails and getting silly together at the end of the day.

Then my body couldn't handle it anymore. My doctor said quit drinking and go on a diet or there would be serious consequences. I quit. He didn't. Come 5:00 I was cranky, jealous, and looking for healthier activity to get my mind off how sorry I felt for myself. My husband was left to drink alone. I look at him now and can't believe that I was just that silly through the thousands of days of raising children and bungling through the dinner hour sloshed.

What will become of our marriage? I don't know. I still love this man, but I had to create new evenings for myself and my growing children. So I started attending Suppers for Sobriety. The food is nice, but what really speaks to me is the relationships at the S4S family table. We laugh, we argue, we teach and learn in therapeutic friendships, and we express our gratitude and share our selves.

Fortunately, my children accepted the new emphasis on a family table at home. They want to cook and are slowly trying new foods. The discussion is even livelier than ever, and the nicest part is I remember the conversation the next day.

I am so grateful to sit at that table with a clear head and a full heart.