

Overcoming Problems with Alcohol

Speaker1: Now, I'm in my fourth year of clean and sober. It was the best thing that I could ever do for myself.

Speaker2: After I got out, I moved to Austin almost exclusively because I could go to community college and drink a lot. I didn't recognize the fact that everyone I knew had a drinking problem including myself.

Speaker1: I put in my papers to retire and I left. And I thought it'd be great. And it was really empty. It was worse than ever. I didn't have anybody to boss around anymore. I didn't have a sense of purpose. I'm pretty sure I was drinking a great big bottle of wine every day.

Speaker3: I developed a drinking problem from the stress. I'll take a drink and I'll be fine. And then it got out of control to the point where my son said, "This is not you." So, I went to the VA.

Speaker4: So, I go to this psychologist. He connected me with an alcohol and drug counselor, and I got involved in a self-help group. For the first time in my life, I had hope that my life was getting better.

Speaker5: I saw a person at work get sober, and I asked that person for help. And he introduced me to a 12-step program that I've been a member ever since.

Speaker1: I entered a day-treatment program, and it was life-changing for me. That's where I learned all about addiction. I learned how to acknowledge it and forgive and forgive myself too.



U.S. Department
of Veterans Affairs

**MAKE THE
CONNECTION**