

I felt miserable and I was miserable to be around

Don: I started getting into alcohol, drank a lot, withdrawn, very depressed. I was angry, I was miserable, I was miserable to live with. And I didn't even know I was doing this. I didn't have a clue it was just this constant anger and I couldn't put my finger on it, I didn't know what I was mad at. Just the constant outbursts for absolutely no reason. And some of it I don't even remember doing. She would tell me about, she said I'd wake up at night, I actually hurt her one night and she said I punched her and that scared me, you don't see it yourself. I would wake up at night and in the morning soaking wet. I could wake up for any reason at all, that was it I'd be up the rest of the night. Going to sleep was very tough, very, very hard. I was afraid to sleep. I was afraid I wouldn't wake up.



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