

Sabrina M.

It was so dark and I felt weighed down. I woke up and he was on top of me. Everything went numb and I couldn't move. Memories I had from being a little girl flooded my head. I didn't know what to do, he was supposed to be my friend. He was supposed to protect me, but he wasn't. I couldn't breathe, and I just wanted to disappear. It took everything I had in me to push him off. I struggled to catch my breath as I scrambled out the door. I needed help, but I had no one and my phone was dead. There was a gas station just down the road from where I was but they turned me away and did nothing. It was a four hour walk home, but I made it all alone in the early morning hours. The rest of the day was a blur because I had gone to a friends. After returning home I sat there alone in my dark room late at night on February seventeenth of 2019, a bottle of pills in hand. It was going to be the end for me. However, my plans would take a turn from the path I had chosen. I woke up the next morning. I was still here. I didn't want to be though. So I made plans to drown out the pain. My mom watched me fall hard after that night. I was struggling to make it through everyday. I felt as though he ruined my life. You're supposed to be able to trust your friends right? I was sadly mistaken. This boy changed my entire life. I was just a girl and it didn't make any sense to me why he would have done such a thing. I took everything I could to erase the memories. He would sit in the alley outside of my house at night so I started staying away so he couldn't find me. Except I fell apart. I was skipping school just so I could continue drowning away the darkness of that night with drugs and alcohol. As soon as I found out I was being accepted into the Mid-East Vet Assisting program I tried to pick up the pieces. There was one day in specific that had made me change for the better. My mom and I were having a huge argument, and my brother walked in. He just began to cry, and the only thing he said to me was, "You're going to kill yourself before you ever get to graduate, and I won't be there when you do." This hit me really hard. From that day on I was determined to change. I started my school year off completely sober, as I had been for a little while at this point. After finding out about the Drug Free Club at school I knew I had to take a huge step and dedicate myself to being drug free if I wanted to change. I had been keeping what I was doing to myself but it was finally time to come clean and make improvements for me and my family. I'm not going to lie everyday is still a struggle, but changing schools and feeling like I have another family through my lab has made it much easier to feel comfortable in my own skin again. There are still days I wonder where I would be if I hadn't joined the Drug Free Club, but unfortunately none of the outcomes are very good. This club has taught me how to accept life for what it is and to always find the positives no matter how tough it may be. Knowing that there are random drug tests that I know I can pass due to my commitment of sobriety gives me a sense of accomplishment that keeps me going everyday. I feel experiencing addiction and making the steps to join a drug free group because I wanted to has made me feel more in control of my life. This has encouraged me to want to share that with everyone a part of my life. I am not proud of my past, but I was in such a dark place in my life it seemed like the only thing I could do. With that said I have been sober for almost a year now and I want to continue to learn from my experiences and continue to grow. I have been a completely different person since I joined the club and I have been finding ways to heal rather than drown away the darkness.