

ADDICTION



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The purpose of this presentation is to convey information. It is not intended to diagnose, treat, or cure your condition.

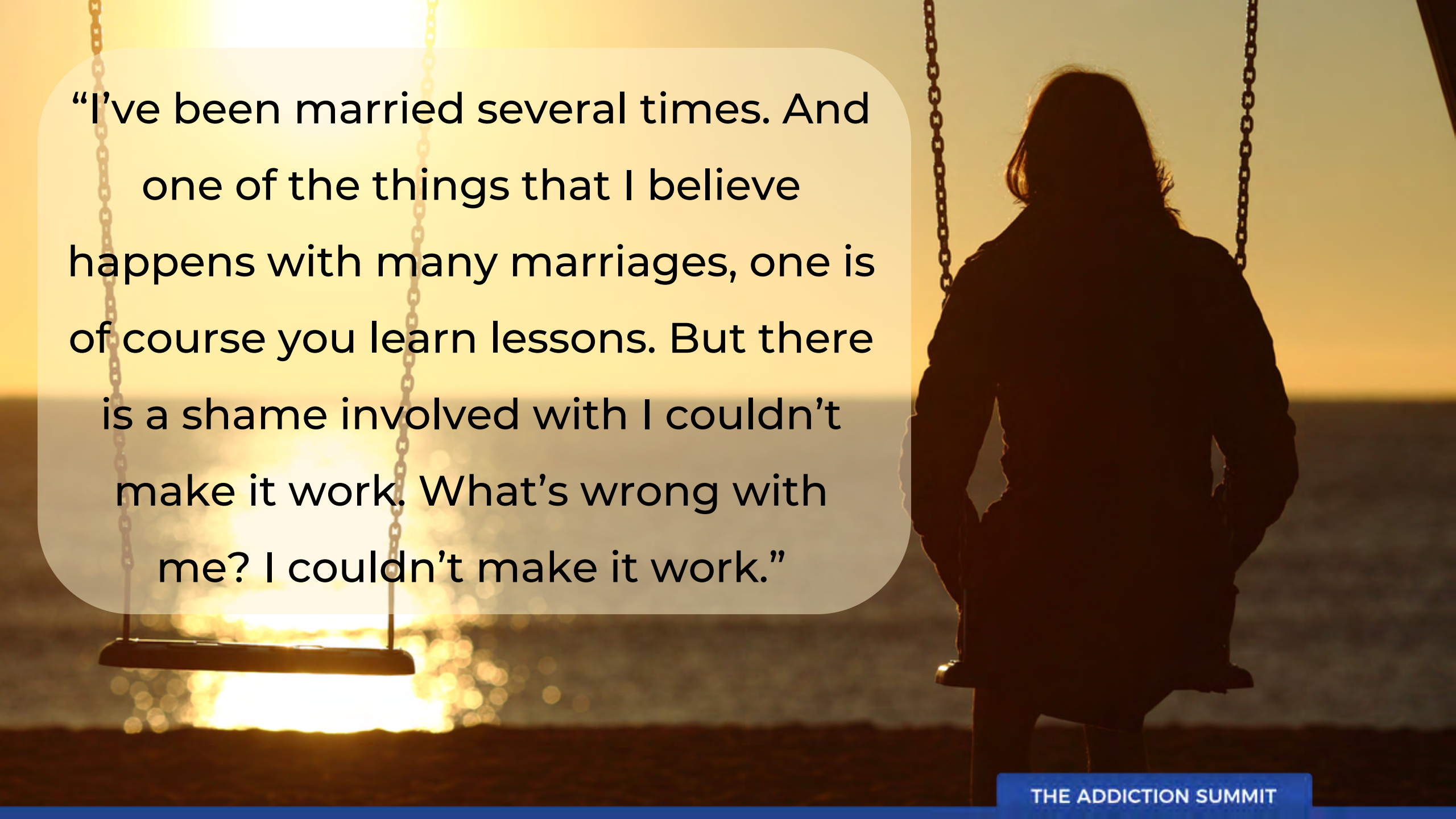
From Living in Shame to a Life of Purpose



Maria Watson

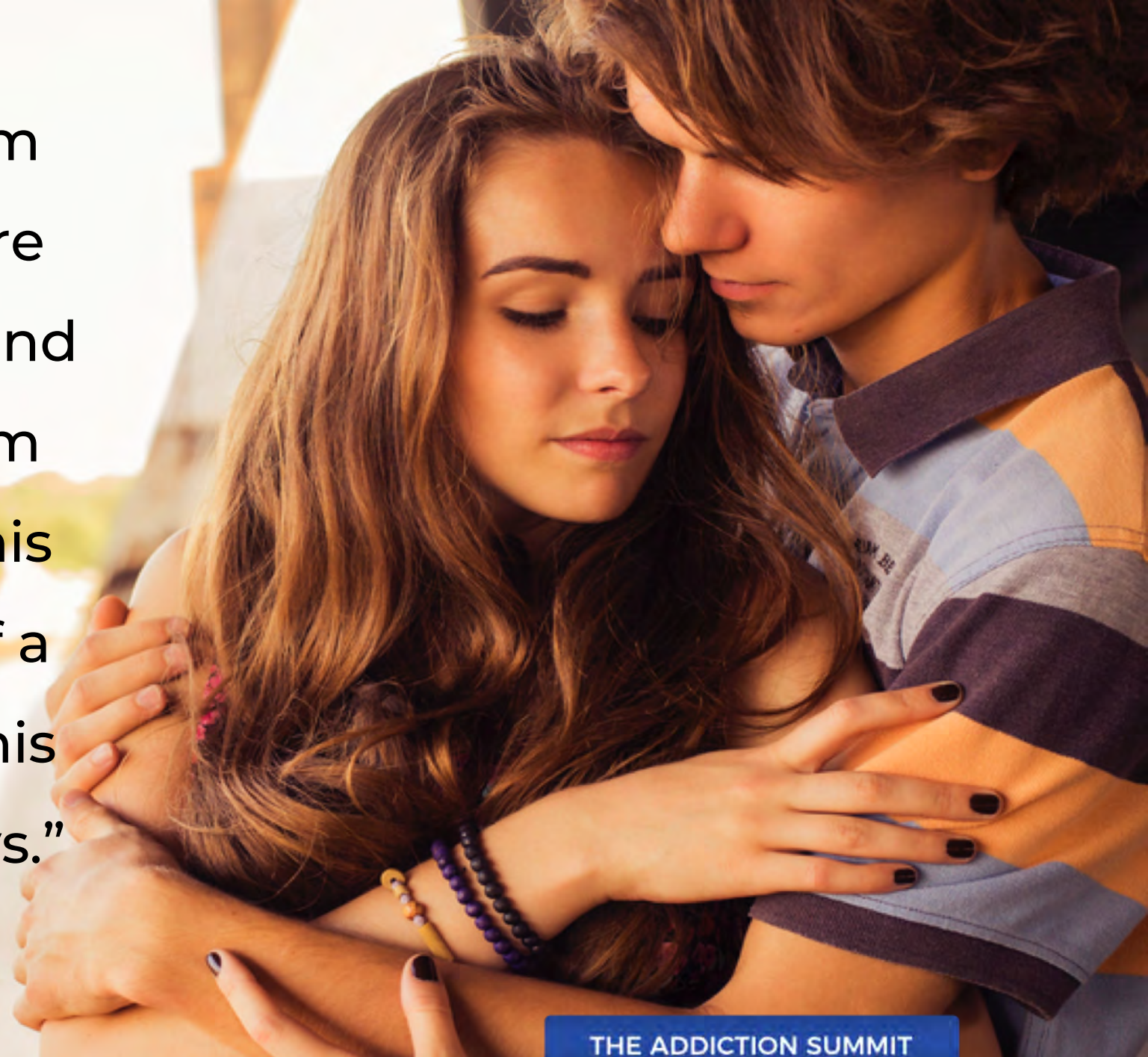


The Perfect Vitamin

A person is sitting on a swing, seen from behind, against a sunset background. The person is silhouetted against the bright light of the sun. The swing is on the right side of the frame. On the left side, there is a large, rounded rectangular box containing a quote in black text. The overall mood is contemplative and reflective.

“I’ve been married several times. And one of the things that I believe happens with many marriages, one is of course you learn lessons. But there is a shame involved with I couldn’t make it work. What’s wrong with me? I couldn’t make it work.”

“All of a sudden, now, I’m in an environment where there’s a lot of maturity and I don’t have that. And I’m not equipped to be in this scenario at all. But, all of a sudden I’m getting all this attention from older boys.”

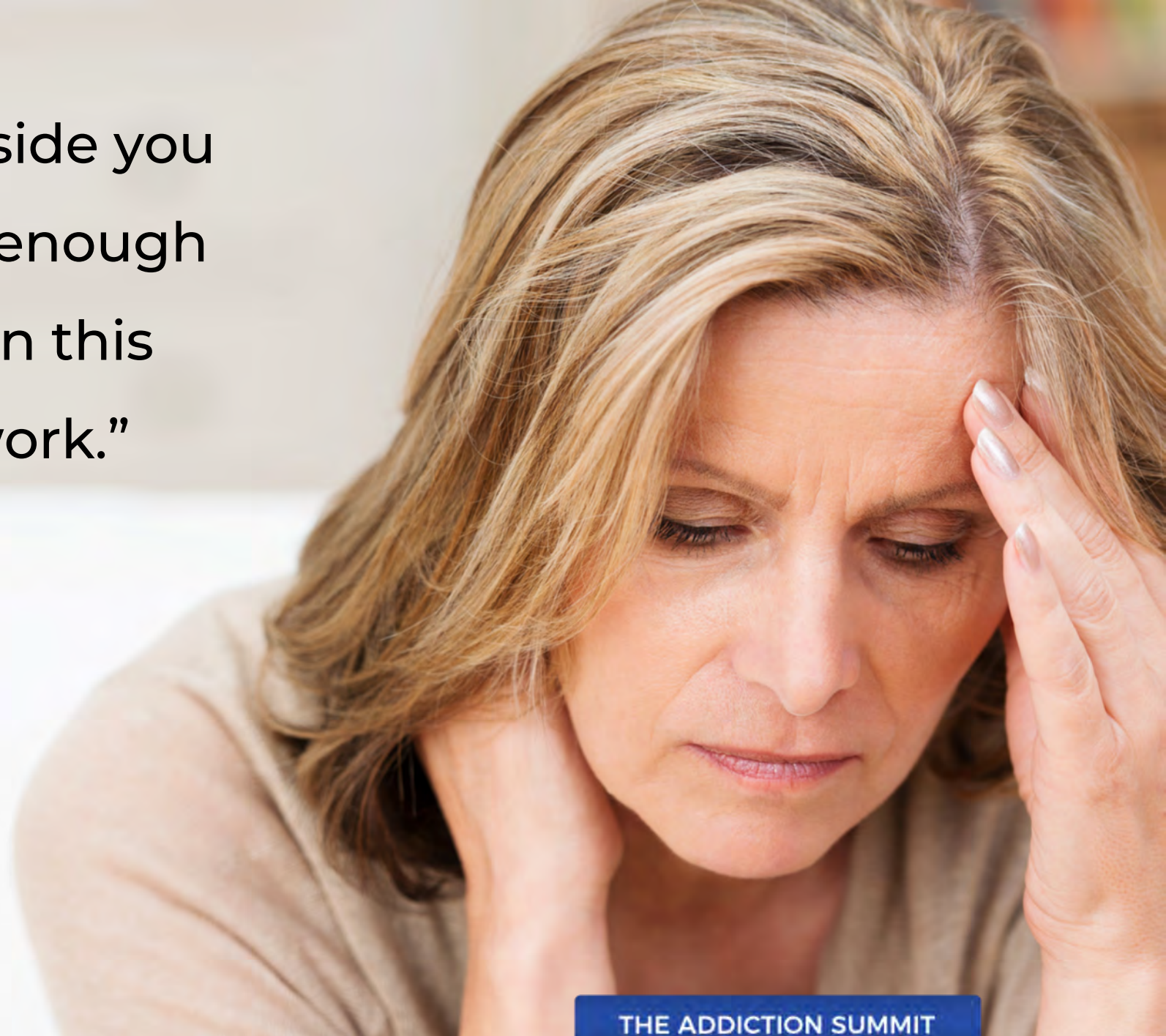


“When you progress along your spectrum of disease, whatever addiction you’re in, that emptiness just grows and grows. And you’ve got this huge emptiness you’re trying to fill.”





“When the crater inside you is so big, there isn’t enough alcohol or drugs on this planet. It won’t work.”



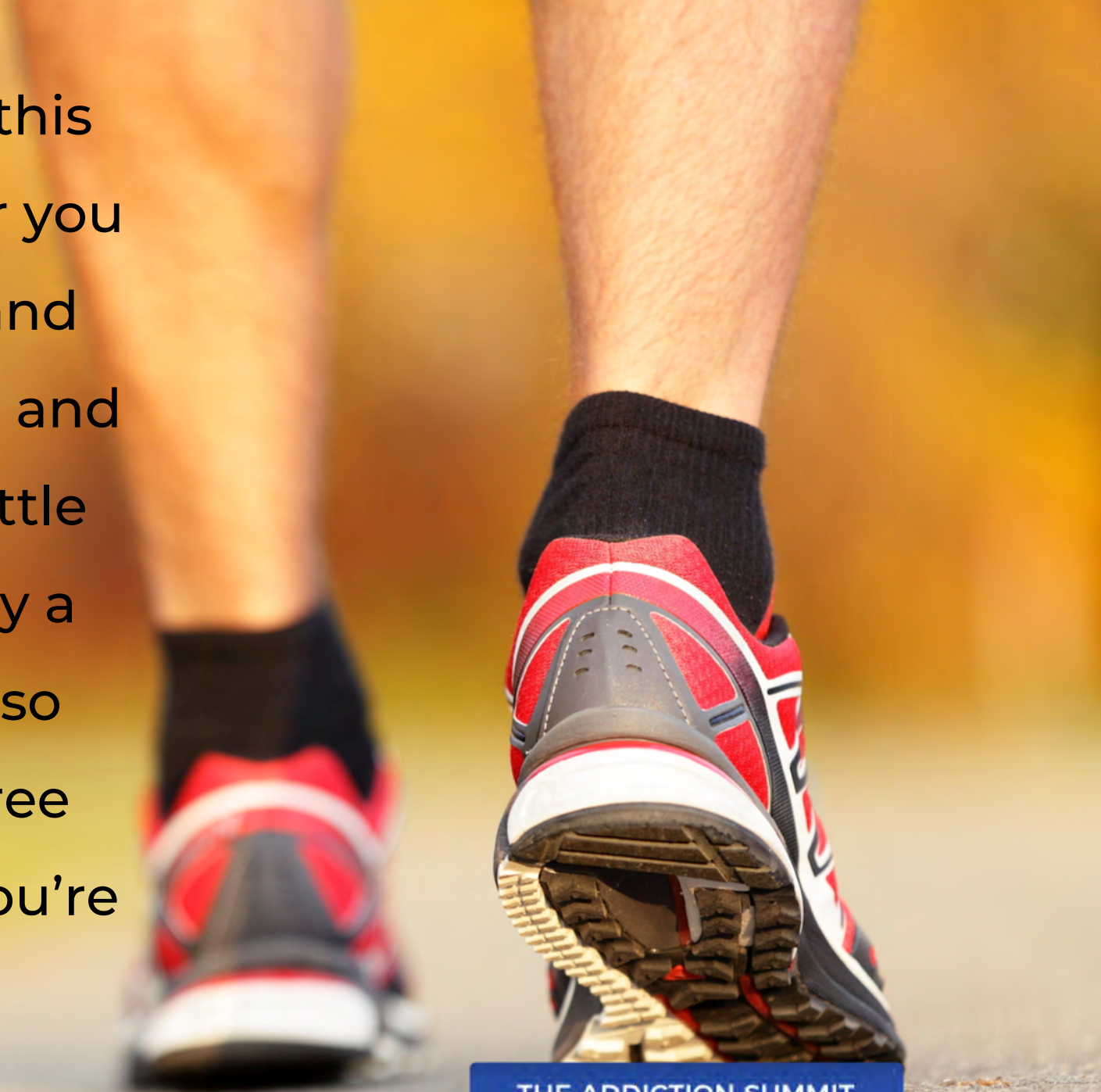
“Sometimes it’s not your fault.
It’s actually a chemical
spiraling that happens
because you introduced a
drug or you introduced
alcohol or you introduced
something. And it appeases a
part of your brain that is raw.”



“You’ve got to want it. You want to find wellness. You want to find purpose.”




“I want to help people enjoy this journey. It is so much fun after you get some good food in you and you get some nutrients in you and all of a sudden you go for a little tiny walk. And even if it’s only a three-minute walk, you get so excited that you walk for three minutes because you know you’re starting that journey.”



“We need a community of people who are on the same path.”





“I do stir-fry now every night. I let the process of cutting those vegetables become almost rhythmic. And I spend my stress of the day in those vegetables.”

“Don’t give up.
Don’t ever give up.”



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