

ADDICTION

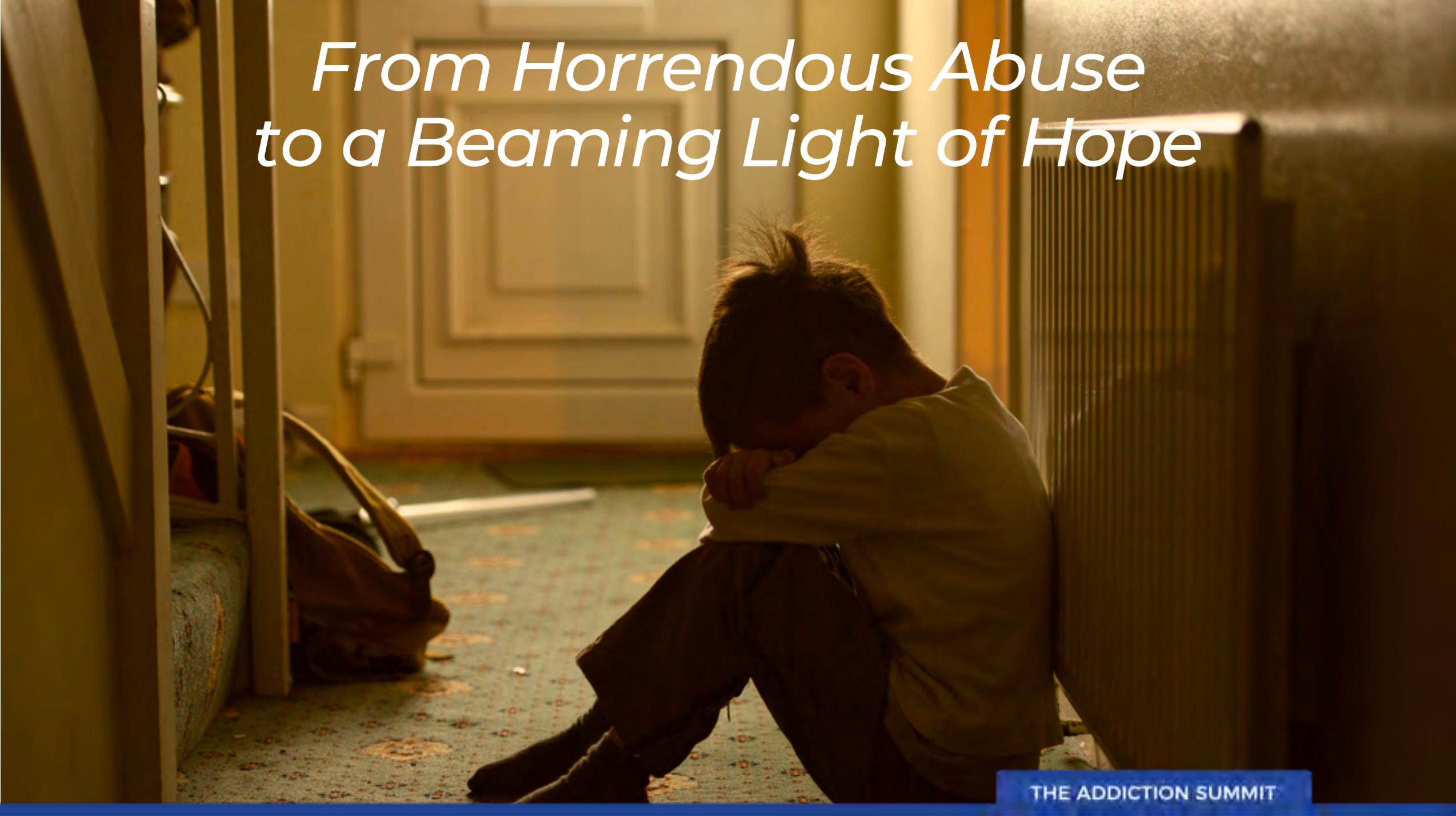


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*From Horrendous Abuse
to a Beaming Light of Hope*



Dr. Jason Powell



- Professional musician
- International performances
- *From Terror to Freedom*
- PSStrings.com

“It’s easy to think that there’s an escape. And there are organizations that help. But it goes so much further than just having the ability to get out. It takes a lot out of yourself. And if you don’t have the right support, you always find your way back into that same situation.”



“I hated free lunch because I knew that my mother was starving at home. But you can’t take anything with you. And you eat everything on your plate. And you watch the other kids throwing stuff away. It’s a heartbreaking situation.”



“I started going to one of the local churches there, the youth group, and found some outlets there. Got involved with different organizations, one of them being a missionary organization. That got me out of the country for a little while.”



“We went to the judge. I spent three days in psychiatric evaluations. At the end of it, the judge came down, gave me a big hug, and told me that he would give me everything.”



“My dad, when he was high, he was a somewhat decent person.

He’s brilliant. And so I knew it wasn’t them; it was the things that they did. It was the lifestyle they chose. So I had a very deep, dark hatred for everything they did.”

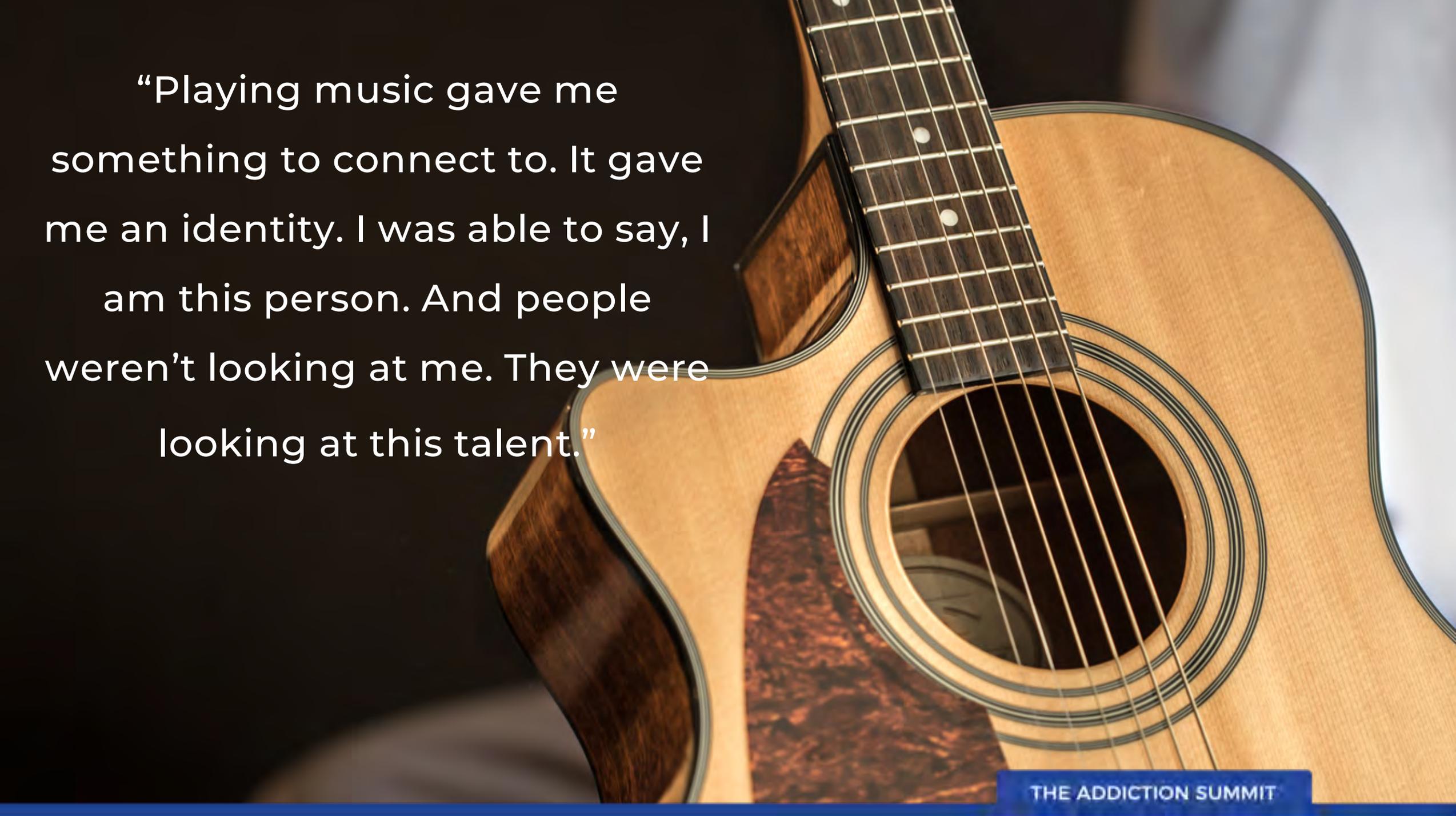


“The only way to get away from it is you have to man up. You have a decision. You can justify everything and say, ‘I’m afraid to stop. I need this.’ But, you know, it all comes down to my life belonged to three little girls. And if I wanted them to have a chance, I had to stop.”



“I’m not my dad. I’m not my mom. I am my own individual, and I’m not in their lifestyle. That’s how I made it through.”





“Playing music gave me something to connect to. It gave me an identity. I was able to say, I am this person. And people weren’t looking at me. They were looking at this talent.”

“By taking care of myself,
that gives me something to
present for my sisters. For
my own children. For my
wife. For my students. For
my job. For everyone that
I’m in contact with. People
depend on me, and if I give
up, what use am I?”



“I did an autoethnographic dissertation which is an inward study on child abuse. My wife did the exact opposite, we did the same doc program together, but she did hers interviewing the counselors and the foster parents.”



A person is sitting with their legs crossed, wearing a blue plaid shirt and grey pants. They are wearing colorful sneakers with white laces. The background is a solid blue color.

“One group we never look at is the poor foster kids. The abused kids. The kids that are probably most likely to be the next shooters are the ones that no one is talking to. So my finding was, we need to have programs available for them to attach to. To attribute themselves to. To take on that identity.”



“Don’t give excuses. Just stop. Get passionate about it. You have to overcome it. You can’t wait for someone else to do it. There is no drug that’s going to help you.”



“No matter what, you have to come to terms with it at some point or another. Either it wins and you die, or you win and you have to suffer through it. It’s like getting a root canal. It sucks, but it’s worth it a year down the line.”



“If you look at a person for what they are, that’s what they’ll remain. But if you look at a person for what they could be, that’s what they’ll become.”



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