

## Seth's Testimony

My addiction to drugs and alcohol began at a very young age. I have always struggled with self-esteem issues and the abuse of prescription drugs seemed to provide me with an immediate sense of relief from all of my problems, an “easy way out”. However I quickly found that this kind of quick fix was anything but easy. When I wasn't using drugs or alcohol the struggle to find where I belonged in life became so much greater. This created a constant cycle where I felt that I could never stop using. I tried to quit many times- only to find myself making up lies or rationalizing my behavior so that I could use just one more time. One more time was never enough.

I couldn't hold a job, I hurt my family and lost so many friends but none of this was ever enough to make me realize that I truly had a problem. I tried going to behavioral health rehabilitation centers, thinking there was some underlying psychological issue causing all of this destruction in my life. My problem wasn't just the drugs, and it wasn't something in my head; the problem was in my heart, in my spirit. I was missing something, I just couldn't put my finger on it.

I was ready to give up. I had come to the conclusion that I was an unstable person, a crazy person, and that nobody could help me. Then a friend of mine referred me to a drug & alcohol rehabilitation center and that is where I began to find out that there were many more like me. This is where I began to think that there might be a solution out there somewhere, I hadn't found it yet but at this point I knew there might be some hope.

Understanding that I was an addict was a relief but I still had no plan or idea of how I was going to stay clean. I had learned a few good things at that rehab center but in all of that information I couldn't find

any permanent solution. I had no relationship whatsoever with God or his son Jesus Christ.

Then I was referred to BCRC. Suddenly I was introduced to an entirely new way of thinking and an entirely new way of living. Everyone here seemed to be... happy. I began to understand what it meant to depend on something other than myself and quickly turned myself over to the care of God. I was at BCRC for two weeks when I got saved and accepted Jesus Christ into my life and this was a life changing event like nothing I had experienced previously.

Today I feel comfortable with who I am. I can accept myself and see who I was meant to be. Today I look in the mirror and I can honestly say that I love myself. I am truly grateful for everyone at BCRC for leading me into the light of Jesus Christ and showing me that I can be sober AND happy. Today I love my life.