

Do I really have a problem?

Each person's "bottom" is different. Some people recognize they are in trouble early. When they don't feel in control of their drinking anymore. When they lose a promotion or mess up a deal. When the bedroom becomes a nightly battleground. When they're booked for driving while intoxicated. Or when they're kids start having problems in school because nobody's paying attention to them at home.

Others wait until they lose their jobs or their families, until they hurt someone in a traffic accident, until a child runs away from home or until liver disease lands them in the hospital. Still others stubbornly hold out for a bottom that lands them in jail or on the street: penniless, homeless, jobless, friendless. Some, of course, like the woman who ignores the lump in her breast or the smoker who scoffs at the signs of lung cancer, never stop denying until they are undeniably dead.

What you need to ask your is "How far down do I want to go before I make an effort to come back up? "How much am I willing to risk the possibility that I'll never make it back up?"

For more information or an assessment contact:

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