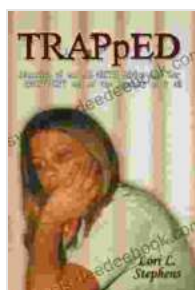


Memoirs Of An Ex Meth Addict And Her Recovery Out Of The Insanity Of It All



Trapped: Memoirs of an Ex-Meth Addict and Her Recovery out of the Insanity of It All by Lori L. Stephens

★★★★☆ 4.2 out of 5

Language : English
File size : 2052 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 228 pages

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My name is Sarah, and I am a recovering meth addict. I have been clean for over 10 years now, but I will never forget the insanity of my addiction.

I started using meth when I was 19 years old. I was in college at the time, and I was looking for a way to escape from my problems. I had always been a good student, but I was struggling with anxiety and depression. Meth made me feel invincible. It gave me the confidence I needed to succeed in school and in my social life.

But meth also came with a dark side. It made me paranoid and delusional. I started to lose weight and my hair. I stopped sleeping and eating. I became a danger to myself and to others.

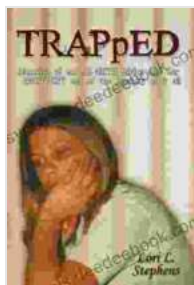
In 2005, I hit rock bottom. I was arrested for possession of meth, and I was sentenced to 5 years in prison. It was the best thing that could have happened to me.

In prison, I had time to reflect on my life and to make some changes. I started going to therapy and taking medication for my anxiety and depression. I also started to learn about addiction and recovery.

When I was released from prison in 2010, I was a different person. I was no longer the same scared and lost girl who had started using meth. I was now a strong and determined woman who was ready to start a new life.

It hasn't been easy, but I have been sober for over 10 years now. I have a good job, a loving family, and a bright future. I am grateful for every day that I am clean and sober.

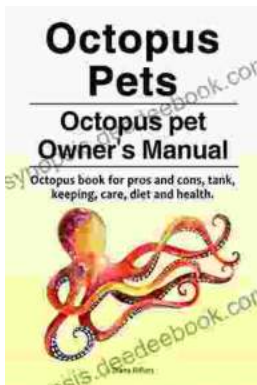
My story is a story of hope. It is a story that shows that it is possible to recover from addiction. No matter how hard things may seem, there is always hope.



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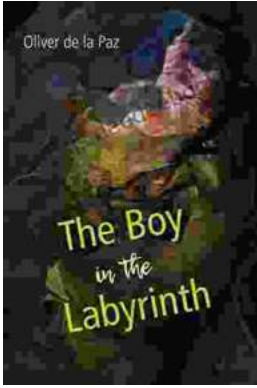
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