

## **A tribute to my SMART FAMILY**

I woke up each morning, consumed by the pain.  
My sore head filled with regrets, guilt, and shame.  
My family worn out and hurt, their help all in vain.  
So, feeling alone, not worthy, and almost insane  
I decide to get sober, my first thought being WHAT AGAIN

I pick up my laptop with despair in my heart.  
When searching for help I came across smart  
I looked for a meeting what harm could it do.  
I listen in silence; will something break through?  
They spoke about choices and tools I could use.

That was the day I felt in my heart.  
Sticking with this could only be smart.  
I finally found people who understood.  
They get it, they hear you, so stay here I should.  
I swapped isolation to connection and formed a new bond.

The learning came quickly when I put in the work.  
To build motivation and then to maintain  
To manage my thoughts, feelings, and behavior  
To Cope with urges and live a balanced life.  
Were the things I could learn from my smart friends.

My peers would tell me what works for them.  
Together we listen, we share, laugh and cry.  
There are no labels or put downs.  
Just advice in abundance  
With laughter and teasing, we all have some fun,  
But genuine\_caring is THE number one.

I cannot mention your names, you know who you are.  
Without your support, I would never go far.  
You have saved my life for that, I am sure.  
These men and these women will remain in my heart.  
They have shared on my journey right from the start.