

How My Life Changed for the Better Script 3-4-12 Length 9:00

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**Presented by
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Claudia “The road that I had to drive on to get home is a twisty, mountain road. If I wouldn’t have been arrested, I probably would have driven off that road and killed myself. And, so if I wouldn’t have been arrested, I might not be alive.”

George “it’s not a good thing, but I mean it has opened my eyes. I understand, you know, all the risks that come with driving under the influence.”

Josette “The timing of it all and how it all transpired and it got me clean so I could be present throughout the summer for my mom.”

Greg “I’m gaining the license back, I’m gaining the mobility back, the self respect back, the ability to go somewhere without really kind of looking over my shoulder.”

Chris “At the time, I really thought he was being unfair. You know, I thought I was being targeted. But now that I look back on it, you know, I kinda, I thank him for it.”

Ryan “I feel great when I play with my kid now. I’d play with him sitting at home drinking beer. It’s a total different feeling. When I’m sober and I’m laying down there and playing, you know, I think of more educational things than just pushing the car around. It made me a lot...it changed what I’m devoted to. I would say I was devoted to beer for a long time.”

DUI Class Counselor: “Many of our clients don’t meet the criteria for alcohol or drug addiction. They can continue to be social drinkers. The goal is to make sure that their relapse prevention plan is to never drink and drive again, but other clients who are chemically addicted, we have to address the addiction issues to help them so they don’t drink again.”

Kim “How do you go on each day without drinking? That was my everyday life. So I had to figure out, you know, what do I do know with my life, you know and I figured that...or I’m working on figuring that out.”

Tilman “I am so thankful that I got this DWI because I know of the people I’ve lost and the people that are lost, you know, over drunk driving is so depressing to me and being a father of three children and if that were to happen to my children or I’m responsible to taking somebody else’s life, is....when I’m sober, I process that properly and it breaks my heart.”

Claudia “Alcohol is a symptom for what’s really wrong. I was numbing myself and that was the drug I was using to do it with. And, I’m just barely scratching the surface. If I wouldn’t have gotten that DUI, I probably would have continued to live in that denial until I hurt someone or myself.”

Tony "I have a legitimate driver's license. I have legitimate insurance. I don't have the nicest vehicle in the world, but the bottom line is it's mine and I appreciate that. I truly appreciate being able to be behind a vehicle again, because I really didn't think I was ever going to get back there again. I truly...20 years without a driver's license."

Greg "The best thing has been the education, the learning about the disease, the learning of how choices are made . . . recognizing those things in myself as they're being explained to me."

Bob "We will offer up a menu of different ways on how to change and what tools to use for how to do DUI, how not to get another one but it's up to them and them wanting to do that."

Josette: I wish I didn't get a DUI ,still. But, I'm thankful to be in treatment again."

Ryan "I have not found one negative thing about not drinking. It didn't ruin or wreck any of my relationships with my friends. They can drink all their want and they actually kinda like me being the one that doesn't drink. They say we can't wait for you to get your license back so you can drive us around."

Kathryn: "Well it's really easy. I'm never going to go through that again. I don't care what I have to do. I'm not going to be stopped. I'm not going to look in my rearview mirror. That's why I quit speeding."

Relapse Prevention

TONY "What I finally had to do is I had to surrender and I had to ask for help. And once I asked for help, my life is starting to more and more get better and better and better. I've been...full-time employment for the last 4½ years. I have not had one incident with any type of a police officer. I haven't lost any friends because of my addiction. I don't look in the mirror with bloodshot eyes and hatred for myself for the decisions I made while I was under the influence of alcohol."

Ryan "People think, oh I did my DUI class. I learned I'm not going to drive drunk anymore. And they go home and they're playing out in the backyard and something comes up and they drive. That's how I know a lot of people get another DUI."

DUI Class Counselor "People don't really understand nor do they look at the reason why they drink. So, we look at the reason without judgment, good, bad, or otherwise, and we kind of work from there and try to set up a behavior...a pattern of behavior that will change from their drinking and driving so that they won't get another DUI."

Anna "And finally, I would say about 8 years ago, I gave my partner my keys and said I will never drive a vehicle again until I'm sober for a year."

Chris "You know, so as far as relapse prevention, I just I use the 12-step program. I ... you know, I'm very involved in service work in the 12-step program here locally."

Anna "I'm learning a lot of different tools to handle my emotions and my anger."

Ryan "I think everything happens for a reason, and if you take the right road when something bad happens to you and you're like, ok, I'm going to learn from this and I'm not going to make

that mistake again and I'm going to really devote myself to not making that mistake again. Having DUIs is something that you really truly have to focus on."

Josette "I am in the drug and alcohol program as well. I signed up for the program before I was court ordered to trying to be proactive, trying to hold myself accountable."

DUI Class Counselor "We have to come up with a plan. That plan we develop as a team together and look at a lot of different options and it's up to the client to do them to help remember. And all we can do is help give them the tools that we hope will get them through this program."

Marquis "The guy who was my counselor when I was in in-patient treatment, he looked at my . . . kinda reviewed my life and the successes that I've had. I've been really successful in the sales industry, you know . . . the wife and two kids, owned a home, you know, pretty well spoken, and he was like, 'Oh you gotta stop . . . don't drink and drive, it seems like you don't have the same problems I see a lot of people have. You know. Don't drink and drive. And like I'm, 'No, just don't drink, period.'"

Anna "So mostly I have learned to take time for myself, to breathe, to walk, to learn to recognize triggers, but to ask for help too, to not try to do everything on my own."

Tony "I believe I'm truly starting to be an adult. I mean, I'm still probably like a 15 year old child, but my behavior, I don't act on anymore, you know. My head's not in the clouds because of liquor, you know. The decisions I make are thoughtful decisions that I think about before I do."

Chris "From Day 1, I just jumped through the hoops and did whatever they asked me to do because I didn't want my daughter taken away. You know, I brought this little person into this world. I'm, you know, I'm responsible for her."

Tony "It was always there for me. I just chose not to do it. Now you can send somebody to jail, lock them up, whatever, but if they don't want to do nothing about it, that's on them...period. Nobody can stick a gun to your head and say, 'You will do this.' This is something either you're gonna want to have it or you don't."

CREDITS