



# A Seaside story -Sean's fight against the tide of Addiction



Sean was born & raised in the Nunsthorpe area of Grimsby, of his own admission a good community & idyllic place to grow up with fields & ponds where children would play freely. Everything seemed good, he enjoyed school & was a keen cross-country runner, a pastime he dreamed of pursuing professionally.

## Tragic events

One day at age 13, he discovered his childhood friend dead, hanging from a noose in his bedroom. That terrible encounter seemed to change everything. No longer did life appear carefree & Sean began to associate with older lads in his area & experiment with drugs.

The descent was rapid & by 15 he was beginning the first of many drug-related jail terms. Life had been tipped upside down & showed no signs of returning to parity. Years of prison, drug abuse, homelessness, shoplifting, lies & manipulation became the everyday.

*"I couldn't take it anymore. All that time in prison, all those days behind the door- years wasted! For what?"*

## Enough is enough



Eventually, during another soul-destroying, monotonous prison sentence Sean realised he could not carry on and upon release decided to do something different. He came to Reflections & his life would change forever. Beginning the 12 steps to his surprise his sponsor was a guy he had used drugs & slept rough with back in Grimsby. Seeing he was living life on life's terms without the aid of drugs was the realisation he craved. Sean saw how different life was in a fellowship, the generosity, the genuine friendships & the kind-hearted spirit of addicts helping addicts. This all cemented his feelings & mindset that this was the way to live & flourish.

## Riding the wave of recovery

Sean now helps newcomers through the 12 steps, his affable, gentle demeanour made him a natural at such an endeavour. He spends as much time with his beautiful twins as possible and enjoys his new life with his new friends in recovery and his family back home, who now have the real Sean in their lives.

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*"The time I have now is real, its living. I'm a dad, I'm a son, I'm present".*