

Subject: Lee H. has submitted contact info!!

From: mike@mikespeakman.com

Date: Fri, Jun 28, 2013 10:12 pm

To: mike@mikespeakman.com

Name : Lee H.

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Hello Mike, back in 2007 I was assigned to your group as a client of Calvary and not more than ten minutes ago I was asked (for the thousandth time) how I got sober...where I went...how did they do it etc. People still damn near crap themselves when they learn I don't drink any longer. You have to understand that it is very surprising to them because I was really, REALLY in bad shape by the time I hit the doors (literally-I was the guy that ate the whole Librium script and drank on the plane from Maryland) to Calvary.

As I always do if asked, I shared with them my experiences at Calvary and in your groups. How the program there, and you, were able to cut through all the BS and get down to the root causes that led to me using alcohol to **attempt to escape reality and to stop or at least dull the emotional pain.**

I always tell people that for me it wasn't just about stopping the consumption and abuse of alcohol...it was about figuring out what the hell it was that I didn't want to face or deal with that caused such intense mental anguish, self loathing, suicidal thoughts and of course, GUILT.

I swear that once we (me and you) got to that point the rest was easy. Anyway, it will be six years on (I think) the 24th of this coming August since I completed the program at Calvary and I have been sober ever since.

Not just sober but mentally and emotionally at peace. The point of this note is my realization that I never have offered my thanks for the immense amount of help, support, knowledge and genuine care and concern that I received at Calvary. Of course I know there were other clients in our group but I have always felt as if the "treatment" was tailored just for me and my individual needs...I guess it was at that. Thank you for helping me find and get to know the real me. I'm living a pretty great life now. Take care and God Bless, Lee