

# **From Sobriety to Success**

**A Collection Of Ex Drug Addict Stories**



**CELEBRATE  
RECOVERY**

**A Publication of Drug Free Nation**

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## **STORY 1 FROM SOBRIETY TO SUCCESS**

I belonged to an upper class family. My family business was flourishing. Me, too, was involved in business and was given sufficient profit. I also used to spend my times with my friends who were casual drinkers. Upon their insistence, I drank and used bhang. As the time passed, I became a chronic alcohol user that resulted in loss of interest in business. I used to misbehave with my family and employees at work. Somehow, my parents and uncle convinced me for getting treatment.

One day, two persons came to my home with the permission of my parents, they injected me and I got unconscious. When I came back to conscious, I found myself lying on a bed in the hospital. There were other three patients who were my cousins and under treatment for their drug abuse problems. I remained there for three months. The first phase of treatment, detoxification, was very painful that urged me to escape from the hospital. Gradually, I got relaxed. I was also rehabilitated there. Now, I am proud recovery for 10 years. Me and my family both are happy with that.

## **STORY 2 FROM SOBRIETY TO SUCCESS**

I was eldest son of my parents. I was causal drinker. I used to drink twice in a month. Once I received a call from police station about the arrest of my younger brother for the offense of drug peddling. I rushed to police station to save my brother. Somehow, I managed to take him back to

home. When I asked him angrily, "Why are you using and selling drugs"? He instantly replied, "You too use alcohol then why you are asking me". His answer induced intense shame feelings in me and at that time I decided to quit alcohol forever. Since that time I never used alcohol.

### **STORY 3 FROM SOBRIETY TO SUCCESS**

I belonged to a drug abusing family. My three brothers were drug addicts. My home was just like a hell. I had to go school without having breakfast and with dirty uniform. For that reason, I had been punished much times but I continued my studies and successfully got the bachelor degree.

Due to my family environment, I used to stay outside late night. Even I did not like to take my meal at home I take my three meals from outside my home. Due to overburden, I got tired and started taking cigarette and then I tilted toward cannabis but no one knew that. At the of 30 I got married and soon became the father of baby girl. Her birth brought changes in my life. I used to take her outside on my bike. One day I noticed that she was smelling petrol from my motorcycle that made me alert. I discuss these matters with my office friend. He suggested me to quit drugs as soon as possible in order to save my daughter. I agreed and did the same. Now I am living a happy life and have said goodbye to all kinds of drugs.

### **STORY 4 FROM SOBRIETY TO SUCCESS**

My today recovery is not less than a miracle. Having treated for 18 times, I was hopeless that I would ever be recovered from drug abuse. My family spent a huge amount on my treatment. My mother sold gold jewelry and brother sold his motor cycle. But nothing can heal you until you ultimately decide to be sober. Addiction is a disease that is possible to be cured when patient himself show strong will power and determination.

Once I decided to leave the drugs and got myself admitted in the hospital. After treatment, I joined a religious group with that I used to go to preach. I daily used to pray to Allah Almighty (God) to make me strong enough to be away from drugs. I tried hard and stayed away from drugs for a long time. Now, I have completed 15 years of my recovery. I am invited by institutions for delivering lectures and given too much respect

### **STORY 5 FROM SOBRIETY TO SUCCESS**

Recovering from drug abuse problems seemed impossible to me. I promised many times to quite drugs but did not. I got treatment for eight times but relapsed. I felt helpless and had suicidal thoughts at that time. I became a street addict. Once, a social worker convinced me to get treatment. Everything is possible. He, himself, had been addict for 25 years. I decided to be admitted for treatment once again.

It took me three months to be recovered. Then I joined the same treatment center as a volunteer. I spent one year over there, working on the mission to take drug abusers back to life from swamp of addiction. Now, I have family, money, respect etc.

### **STORY 6 FROM SOBRIETY TO SUCCESS**

I am running a transport business very well. I am an owner of 50 buses and trucks. There are 200 hundred employees in my company. I am married and having three children. About 20 years back, I was an alcoholic. My family life was too upset because of my drinking behavior. I did not have control over my abusive behavior and used abusive words with my wife in front of my children. Whenever I was intoxicated, I used to shout at my wife and children. My neighbors were also annoyed over my behavior. My business was getting destroyed. I had nothing. My in laws family was bearing the expenses of my family. One day I was sleeping at my home after consuming a large amount of alcohol. My elder brother came with three outreach workers of a drug treatment and rehabilitation Centre. They took me to treatment centre without my consent. During detoxification (initial ten days), I exhibited aggressiveness. I made plan to run out of the centre but I could not. First ten days I was too much aggressive. When I came out from the detoxification phase, I started thinking in new way. I felt too much guilt about my past activities. After three months of treatment, I tried to start my life with new

enthusiasm. Now, I am economically and emotionally and socially stable.

### **STORY 7 FROM SOBRIETY TO SUCCESS**

By the grace of Allah I had everything which any person can desire. a happy family, a flourished business and a beautiful home . I always thanked Almighty for his benevolence upon me. After indulging in drug addiction, I lost everything. I knocked at the door of grave. I spent my days and nights under the bridge, begged for money to buy drugs and food. I also involved in crimes to get more money. My both parents passed away and no one was there to take care of me. I saw many drug addicts dying due to drugs. Whenever, a drug addict died, other kept searching drugs in his pocket. Once, I thought that when I die, they will also search drugs in my pocket instead of mourning on my death. Many times, I promised with myself to myself to quit drugs but could not keep it. One day, one of my old friend came to meet me under the bridge. I was very happy to see him. He also used drugs with me for 10 years and then he got treatment and was leading a sober life. He motivated me for treatment. He morally and financially helped to be recovered from drug addiction. He also helped me to start a small business. By the grace of Allah, once again, I am leading a sober life.



## **STORY 8 FROM SOBRIETY TO SUCCESS**

I am 15 years old and a recovering addict. I used samad bond for the first time at the age of 13. One of my school fellows, also my neighbor, was an addict of samad bond. We both used samad bond together. One day, my mother saw me using samad bond and complained to my father. My father took immediate action to recover me from the addiction.

One of his friends was working in a treatment center for drug abusers. He talked to his friend and got me admitted in the hospital. I was carefully treated in the center and got recovered from the addiction. My both parents got helped from professional working in the hospital regarding my care so that I could refrain from the drugs.

My mother carefully supervised me and fulfilled my needs. My both parents worked hard to protect me from drugs. I am very thankful to my parents for their love and support. They never beat me but discussed negative angle of drug addiction. They still provide me relevant information and methods of handling peer pressure. I am studying in class 9th and working hard to be more education as my parent's desire.

## **STORY 9 FROM SOBRIETY TO SUCCESS**

I am 33 years old, married and having a son. 7 years back, I married to a man of my choice. My husband never supported me, neither financially nor emotionally. I used to do job to gratify my basic needs. I did a lot for my husband

in terms of money, time and love. But he never acknowledged my contribution. His attitude diminished my will to live, and slowly I lost hope and became depressed.

I suppressed my anger towards my husband and in-laws. Internally I was feeling unwell that disturbed my sleep. I started taking sleeping pills and used it for 1 and ½ years. The time came when I could not sleep without taking medicine. I knew that it was wrong but I did not have any other option.

Once I shared it with one of my best friend. She discouraged the use of sleeping pills and recommended me to consult psychological counselor for emotional and marital problems. I decided to go to psychologist who assisted me to come out of my problems. After psychotherapy, I felt good, and developed a sense of competency. Marital therapy also helped me with resolving my marital conflict.

Now, I am relaxed enough to go to bed without taking medicine. I still work and accept the realities of my marital problems. I have controlled my expectations that I had toward my husband and got relaxed. I look after my son and want him to be a competent person. I am very thankful to my friend who suggested me to get professional help and by the grace of Almighty I am leading a sober life.

### **STORY 10 FROM SOBRIETY TO SUCCESS**

I was employed in government sector and was satisfied with my job. Due to work hard, I was promoted. One day I reached my office, I saw my senior drinking alcohol, and he offered me. I took two packs and I felt energetic. I started drinking daily. One day, I drank too much, due to which I fell down on garbage while coming back home. I got conscious after four hours and was upset. That was the turning point of life. I thought that I am a government officer and have a respect in society. Then, I decided to stop drinking. Now, five years has been passed. My sobriety brought a positive change in my life. I have quit other bad habits and am living an honest life.

### **STORY 11 FROM SOBRIETY TO SUCCESS**

I had been dearest of my family because of only son. I had two elder sisters who got married. My parents passed away during my teen age; therefore, I had to live with my relatives. They did not care me as they were for their own children. I used to feel it a lot and started staying out of home. One day, I left my city and started working in a hotel of New City. I could not sleep well and missed my family, parents, very much. My colleagues offered me cannabis to get rid of my past problems. I used and became a cannabis users. After that, I used injections. I used to feel guilty over using drugs and the time came when I decided to get treatment of my problem. I got myself admitted in a treatment and rehabilitation centre and sustained my

recovery till 2 years. My lonely feelings overwhelmed me again and I got relapsed. But immediately I realized my mistake and went to the treatment center again to be recovered for drugs. Now I am living a sober life for last three years.

### **STORY 12 FROM SOBRIETY TO SUCCESS**

I was about to reach to my grave. I had lost everything, my time, money, relations etc. I used to live under the bridge and sometimes in the graveyard. My both parents died and brothers were settled in America. I used to beg standing at bus terminals. My younger sister tried hard to get me out of this miserable life. Many times, she came to me while I was sitting under the bridge and I used to run away from there. One day, she came there with a recovering addict who tried to motivate me for getting treatment but I did not agree. After few days, they succeeded to motivate me for treatment. I got admitted in a treatment and rehabilitation center. Although, I was relapsed trice but for last eight years I am leading a sober life.

### **STORY 13 FROM SOBRIETY TO SUCCESS**

I was an alcoholic abuser and wasted a lot of money on drinking with my friends. My brothers were settled in their lives but I could not due to my addiction. My mother used to be worried because of my problem. She wanted me to be settled in my live like my brothers but I did not care about

that. When my relatives came to know about my addiction, they started avoiding me.

The time came when I felt that my siblings did not like to spend time with me. When I complained to my mother she said, "The time comes when they will not be willing to live with you". I thought about my problem and decided to be recovered from this disease. I heard about the treatment centre opened near to my home. I went there alone for getting treatment. I got admitted there for 2 months. After 2 month, I came back home with new enthusiasm

My mother was very happy and she wanted to arrange my marriage but I refused because I wanted to work more on myself. I kept in touch with the professionals of treatment centre and used to consult them with dealing my life problems. With the passage of time, I overcome many problems that led to my alcoholism. Now, I am recovery of 5 years, got married and have a son. My siblings also helped me a lot to adjust in my family. I think this was my motivation that led me to quit alcohol.

### **STORY 14 FROM SOBRIETY TO SUCCESS**

I belonged to an educated family. My father was employed in a renowned company but used to busy in his work. Having appeared in graduation exam, I had no other activity except sitting with friends just to pass the time. The friends with I used to spend most of my time were alcohol users. One day, they offered me alcohol and I could not resist. Eventually, I became alcohol user. After having

degree of bachelor, I joined a company. I kept using alcohol besides doing job. One day, I drank a lot and fell on garbage. When I got my conscious I felt guilty. I requested my mother to get me admitted in the hospital. I got treatment for one month but I relapsed soon. One of my friends introduced me to heroin. After becoming heroin addict, I reached to street and passed my time under the bridge. I lost my health and job.

My family took me back to home. When I was sleeping, my family called outreach workers to take me to treatment center. Outreach workers tried to convince me to get treatment. I agreed to go with them. I got treatment for four months and now I am in recovery

### **STORY 15 FROM SOBRIETY TO SUCCESS**

I belonged to a community where cultivation of opium is a common practice. My family was also doing that business. At the age of 17, I came to Karachi to assist my uncle in his business of drug trafficking. His business was well established in the city. I was given responsibility of drug supply.

It is very true when are you going to someone put on fire you too are at great risk of destruction and that happened to me. While doing that job, I used heroin for ten years and became an injection users. Gradually, I lost interest in business and remained busy in using drugs sitting in graveyard. My aim revolved around the drugs.

One day, with the mercy of Allah, I met an outreach worker who convinced me to get treatment. I did so and now I am a recovering addict. I did not go back to my family because they are still involved in selling drugs. I got training of barber and doing hard work to earn the bread honestly.

### **STORY 16 FROM SOBRIETY TO SUCCESS**

I was the only brother of four sisters and dearest to my family. I was very close to my parents. We were living happily. My three sisters got married. My parents used to love me a lot. I could not live with them but one day, they went away forever. In a road accident, my both parents died leaving me and my sister behind. I could not bear it and got depressed for a long time. One day, I used cannabis and felt relaxed. After that, I used heroin just to escape from reality. My addiction to heroin took me on street. My sisters used to love me a lot and brothers-in law were also very nice. They got me admitted many times in the hospital but I could not be recovered. I used drugs for 14 years. But one day, my brother in-law got me admitted in a newly opened treatment center where proper treatment and rehabilitation was provided to me. My psychologist made me realize via counseling that whatever happened to me is part of life. It is law of nature and we have to live in all kinds of circumstances. My addiction cannot take my parents back. With the passage of time, I accept the reality and worked hard to come back to life. Now I am living a sober life for last 7 year

## **STORY 17 FROM SOBRIETY TO SUCCESS**

When I was 10 years old, my mother died and my father got second marriage. My step mother used to ignore him and in the absence of my father used to shout at me. I told my father all the situation but I felt that my father was helpless. I lost my interest in studies. I left my house for school but I did not go to school. I used to spend my time on the street. I made new friends. I usually shared my problems with them. They sympathized me and offered me a cigarette.

One day, my father went to my school and got information. He had inquired about my activities and beaten my father asked me about my activities and beaten me. I ran away from home and reached to my friends. They managed food for me for three days. Then, they forced me to be involved in their criminal activities. .

Once, Police caught me and informed my father. I was released on bail and then admitted in the treatment center. I stayed there for next six months. I realized my mistake and started studying again. Now, I am the students of BS and living with my aunt .

## **STORY 18 FROM SOBRIETY TO SUCCESS**

I belonged to upper class family and father was an industrialist. At the age of 17, I started going to factory with my father. One day, I met with an MPA's brother and very soon we both became good friends. He was cannabis user and owing to his company, I also became addict. Till



the age of 25, I had become a heroin user. When my family knew that, they arranged my marriage. My wife did not know about my addiction. My wife was very good and hardworking lady .Due to my addiction, I had lost my money even my factory. In crises, only my wife supported me. One day, some of my relatives called me Jahaz (Junkie) in front of my daughter. She was tearing and asked me the reason for calling jahaz. I felt ashamed of myself and kept weeping. I requested to my wife to take me to treatment. I got treatment and now I am living a sober life. Today, I do not have wealth but I am too much happy and satisfied with my present life .

### **STORY 19 FROM SOBRIETY TO SUCCESS**

During my college life, I used to like to sit with a group of students who were fun loving. I used to enjoy their company and started coming back home late. My younger sister kept waiting for me but I did not care at all.

Most of my group members were the chain smokers. Whenever they offered me cigarette, I refused. Upon my refusal, they made fun of me. Therefore, I could not resist any more that resulted in cannabis addiction. After graduation, I used to spend most of my time at home and residential area. Someone informed my parents about my addiction. Till then, I had become heroin addict.

I brought shame for my family and my dearest younger sister was rejected many times by the society for tie a knot. After that, I came to my father and requested him to get me admitted in treatment center. I spent five months in hospital and got lesson from my mistakes. Now I am in recovery of 7 years. My sister got married and is living happily with her family. Me too is happy to see my family.

### **STORY 20 FROM SOBRIETY TO SUCCESS**

In our teenage, I and my cousin heard about a medicine that was used to feel more energetic. One day, we both went to a drug store and purchased that medicine. We used that and found similar result as we had heard. Next day, we purchased more tablets and became habituated of that. Later on, we started heroin and could not get rid of it.

My cousin died of addiction. My family wanted to get treatment for me but I did not agree. One day, engagement ceremony of younger sister was going to be held and my mother asked me to go anywhere while giving me money. I spent that night in graveyard. I felt worthless at that time. My family and friends had forgotten me. Then, I decided to change my self. I requested my family to get me admitted in the hospital. By the grace of Almighty, I recovered and for last 10 years I am leading a sober life bring back me towards my life. I asked to my family to admit me in hospital. People started respecting me again and my family does not take any decision without consulting me. I thanks

Almighty very much and say that addiction makes a person worthless and only sobriety makes him valuable.

### **STORY 21 FROM SOBRIETY TO SUCCESS**

I was dearest to my parents because of being only son. We were living in the area where gambling and addiction were frequently used. I also started smoking in my teen age. Gradually, I used cannabis and then heroin. After the death of my father, I was on the street and became beggar. I also have been involved in criminal activities. One day, an outreach worker of an NGO convinced me to get treatment then; I got treatment and tried to come back to life but was relapsed. I was re-admitted in the hospital for treatment. Then, I also attended meetings held by Narcotics Anonymous. Now, I am living as a recovering addict and got married. I am very happy with my present life.

### **STORY 22 FROM SOBRIETY TO SUCCESS**

I had been a good student and worked hard to become a doctor. I got admission in medical college I had a dream to become doctor. I used to study with my class fellows till late night. I had to stay with them at their home. One of our college fellow used to take medicine to be more energetic to study for a longer time. One day, me too used that medicine. I felt too good and energetic. So I started taking medicine on daily basis .When I did not take medicine, I used to feel lethargic. Till final year of my college life, I had become an addict of medicine. After becoming

doctor, I started practice in posh area of my city. My clinic was running well. After sometimes, I also started injecting myself. The day came when every one of my area knew about my addiction and used to call me junky doctor. One day, a patient came to my clinic and said that he has been recovered from addiction of medicine, therefore, he does not want him to prescribe that medicine. That made me feels ashamed of myself. I inquired about his treatment and approached same treatment and rehabilitation centre. Thanks God, I am now leading a sober life

### **STORY 23 FROM SOBRIETY TO SUCCESS**

In past, I was not a good student. I escaped from schools many times. My teachers and parents tried their best to make me realize the importance of education but I did pay my head to their advices. One day my father beat me harshly and I ran away from home. In new city, I looked for a job but could not have. I lived on street with other children. Very soon, I had joined a group and started using drugs with group members. The group was involved in street crimes to have money. I needed money for my survival; therefore, I did not hesitate to be part of that group.

My father was looking for me. With the help of NGOs he found me and got me admitted in hospital. I remained there for three months and got recovered. My parents took me with them and tried hard to stay me away from drugs. On

my request, my father sent me to a tailor shop to be a trained tailor. Now, I have my own shop. I am father of two children. I am so happy to have a family. My siblings also respect me a lot.

### **STORY24 FROM SOBRIETY TO SUCCESS**

I am running a gym. I am admired because of my physical fitness. In gym, my students idealize me and they try to make their body as strong as mine. I participated in many program conducted on national and international level. I have a lot of respect due to my achievements. There was a time when I had been a heroin addict. I used to live under the bridge. I did not have any respect in society. My mother used to weep for me.

I didn't have money to get treatment. I asked my elder brother to lock me in a room. I asked my family member not to open the door. First four and five days were though for me but gradually I got relaxed. Within 15 days, I was completely well. I could not forget that day when I came out from tat room with hope. My family welcomed me with smiling face. I changed my friends and joined the gym. I spent more and more time over there. After three years, I became a champion at district level.

### **STORY 25 FROM SOBRIETY TO SUCCESS**

I was about to reach to my grave. I had lost everything, my time, money, relations etc. I used to live under the bridge

and sometimes in the graveyard. My both parents died and brothers were settled in America. I used to beg standing at bus terminals. My younger sister tried hard to get me out of this miserable life. Many times, she came to me while I was sitting under the bridge and I used to run away from there. One day, she came there with a recovering addict who tried to motivate me for getting treatment but I did not agree. After few days, they succeeded to motivate me for treatment. I got admitted in a treatment and rehabilitation center. Although, I was relapsed trice but for last eight years I am leading a sober life.

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