

Forum:[Hack Forums](#)

Thread: [1 year sober |](#)

Loot™ - September 18, 2023, 6:38 am

Today marks a monumental milestone in my journey - one year sober from alcohol. There were moments when even I doubted if I could make it this far. Throughout my life, doubters have been a constant presence. But today, I stand tall, defying all odds.

I used to crave being the life of the party, only to realize that when the music faded and reality set in, I was lost. I didn't know how to navigate my "normal" emotions without reaching for a drink. Stress was my nemesis, and I sought solace in bars and gas stations whenever life threw me a curveball.

A year ago, my roommates were my lifelines, picking me up from Southern Medical Center after yet another night of heavy drinking. This wasn't an isolated incident - it was a pattern. Hours spent in the shower, retching until it felt like the end was near. Countless hospital visits became my routine.

I share this not for pity, but as a plea. Please, don't follow my footsteps. Don't let excuses justify your choices. There's a better way, a brighter path waiting for you.

Today, I celebrate a new chapter, a life reclaimed. It's a reminder that resilience and strength reside within us all. Here's to brighter days, healthier choices, and an unwavering belief in our own power to overcome.

Loot™ - September 18, 2023, 6:48 am

(Sep 18, 2023 06:41 AM)rithvik Wrote: [\[CITE\]](#) Keep it going man! Sobriety is awesome, recovery is good! Enjoy life for what we have other than the things that we run to an escape... good on you! I'm trying to cut weed and other substances from my life too.

I was addiction to cocaine to, for me it went hand in hand with alcohol. I would tell myself, "Oh i only buy coke when im drunk." I was drunk everyday hahahah... So therefor bought coke everyday.

Jadzia - September 18, 2023, 7:32 am

I'm 6 1/2 yr sober. I still have dreams that I've relapsed. Don't give in. You can do this. You'll have moments that you'll feel like you can't take another day of being sober. For me I had a goal that I really wanted to reach and alcohol was in the way. Find something similar to work for and don't give up. Congrats on the 1 year!! :) <3

Loot™ - September 18, 2023, 8:05 am

(Sep 18, 2023 07:32 AM)Jadzia Wrote: [\[CITE\]](#) I'm 6 1/2 yr sober. I still have dreams that I've relapsed. Don't give in. You can do this. You'll have moments that you'll feel like you can't take another day of being sober. For me I had a goal that I really wanted to reach and alcohol was in the way. Find something similar to work for and don't give up. Congrats on the 1 year!! :) <3

(Sep 18, 2023 06:52 AM)rithvik Wrote: [\[CITE\]](#) Cold turkeying anything in my experience leads to relapses, make sure now that you've been 1 year sober you find something as enticing or fulfilling as the feeling alcohol gave you! Keep it up.

In this year sober, I founded my own non-profit dedicated to making addiction recovery available via zoom and remote therapy. We are a marketing company that uses all our profits to fight our cause!

Lysixxd - September 18, 2023, 9:25 am

keep it going bro alcohol is bad for u bro

happywolfdog - September 19, 2023, 7:08 pm

First and foremost, congratulations on your 1 year of sobriety. Mine is June 16th, 2022. So I'm around the same time frame as you. I had to go to rehab though as I couldn't do it alone and for sure would've died if I quit alcohol cold turkey because of the withdrawals. Never had any withdrawals but I was told it's best to seek professional help. I stayed 30 days there and here I am 1 year sober. It's a challenge as you have to go day by day hoping you don't have any slips or close calls. Best of luck to you man.

Loot™ - September 19, 2023, 8:05 pm

(Sep 19, 2023 07:08 PM)Dinero2JZ Wrote: [\[CITE\]](#) First and foremost, congratulations on your 1 year of sobriety. Mine is June 16th, 2022. So I'm around the same time frame as you. I had to go to rehab though as I couldn't do it alone and for sure would've died if I quit alcohol cold turkey because of the withdrawals. Never had any withdrawals but I was told it's best to seek professional help. I stayed 30 days there and here I am 1 year sober. It's a challenge as you have to go day by day hoping you don't have any slips or close calls. Best of luck to you man.

I went to rehab. I actually was paid to go to rehab. My company had short term disability. I used it to go. I did everything remote through zoom. I couldn't believe I got sober in my house.

happywolfdog - September 20, 2023, 8:58 pm

(Sep 19, 2023 08:05 PM)Loot™ Wrote: [\[CITE\]](#) I went to rehab. I actually was paid to go to rehab. My company had short term disability. I used it to go. I did everything remote through zoom. I couldn't believe I got sober in my house.

But you did it man! I'm super proud of you. I know it ain't easy and adapting a sober lifestyle you can say is kinda boring but if you look at it the whole country lowkey becoming alcoholics. Everything involves alcohol nowadays even if it's to meet up with a group of friends and shit. I had to adjust and cut down so many people cause it was becoming triggers for alcohol. Now that I'm one year sober like yourself it's gotten a little easier. The rehabs help a lot. If you managed to do it through your house that's even better. I wouldn't have taken it serious. I had to go through inpatient rehab to get sober.

Syndicate - September 20, 2023, 9:54 pm

Congratulations and I'm proud of you for getting sober man! I'm sure it was difficult as hell but you did it! Just keep on the same path you're going on and keep away the bad vibes.

Truth - September 20, 2023, 10:05 pm

No vice, No women, No money beats a life where one chooses the outcome. Congrats on your success

Trephy - September 22, 2023, 1:13 pm

First of all,
Damn good job brother

Second,

Thank you for this, I am relatively young and I have been avoiding alcohol but thought of doing it just to fit in but your post has solidified my intention to be sober for life.

With all my heart,
Thank you

Toastbrot - September 23, 2023, 12:32 am

I think the biggest problem in our society is that alcohol consumption became literally normal. Alcohol is the biggest drug and it's legal. That's what makes it even worse. How were you able to quit it? What makes you stay sober?

Loot™ - September 23, 2023, 6:14 am

(Sep 23, 2023 12:32 AM)Toastbrot Wrote: [\[CITE\]](#) I think the biggest problem in our society is that alcohol consumption became literally normal. Alcohol is the biggest drug and it's legal. That's what makes it even worse. How were you able to quit it? What makes you stay sober?

Personally I was getting terribly sick, would go to the Drs. They would tell me I would puke for 8 hours at a time because of the alcohol. Now I was a professionals alcoholic. I knew the difference of a hang over and puking none stop. So I got sober. However, I kept puking. Im almost 30. At 29 After I stopped drinking they ran a simple blood test on me and I have celiac desiease. I would of never found of the wheat in the damn beers id chug is what was killing me. So being that sick really keeps me going. I dont ever want to be sick like that again.

Toastbrot - September 24, 2023, 5:29 am

(Sep 23, 2023 06:14 AM)Loot™ Wrote: [\[CITE\]](#) Personally I was getting terribly sick, would go to the Drs. They would tell me I would puke for 8 hours at a time because of the alcohol. Now I was a professionals alcoholic. I knew the difference of a hang over and puking none stop. So I got sober. However, I kept puking. Im almost 30. At 29 After I stopped drinking they ran a simple blood test on me and I have celiac desiease. I would of never found of the wheat in the damn beers id chug is what was killing me. So being that sick really keeps me going. I dont ever want to be sick like that again.

I'm sorry to hear that man. I wish you all the best in your sobriety :)

protege - September 28, 2023, 6:57 pm

This is huge, congrats! You got this!

jcole - September 28, 2023, 7:48 pm

Congrats, that is a huge milestone and I wish you the best in continuing your journey. Being sober keeps my mind clear and helps my memory a lot.

diablospartan - September 29, 2023, 7:38 am

I have such a big satisfaction when people are stronger that their addiction .Keep beying strong my friend as you can do it

BlackMale - September 29, 2023, 1:46 pm

Congrats on being 1 year sober and good luck.

Alpha Geek - October 2, 2023, 10:41 am

Hey congratulations on being a full 365 days sober. Just remember that each day is its own battle to be won, crush them one at a time.

illuminati? - October 2, 2023, 10:42 am

(Sep 18, 2023 06:38 AM)Loot™ Wrote: [\[CITE\]](#) Today marks a monumental milestone in my journey - one year sober from alcohol. There were moments when even I doubted if I could make it this far. Throughout my life, doubters have been a constant presence. But today, I stand tall, defying all odds.

I used to crave being the life of the party, only to realize that when the music faded and reality set in, I was lost. I didn't know how to navigate my "normal" emotions without reaching for a drink. Stress was my nemesis, and I sought solace in bars and gas stations whenever life threw me a curveball.

A year ago, my roommates were my lifelines, picking me up from Southern Medical Center after yet another night of heavy drinking. This wasn't an isolated incident - it was a pattern. Hours spent in the shower, retching until it felt like the end was near. Countless hospital visits became my routine. I share this not for pity, but as a plea. Please, don't follow my footsteps. Don't let excuses justify

your choices. There's a better way, a brighter path waiting for you.

Today, I celebrate a new chapter, a life reclaimed. It's a reminder that resilience and strength reside within us all. Here's to brighter days, healthier choices, and an unwavering belief in our own power to overcome.

congrats buddy.

Its definitely not an easy thing to achieve.

Every day is going to be a battle, but you gotta just keep trucking my G.

Blazin - October 2, 2023, 12:07 pm

Congrats on your sobriety journey.

Charlie Sheen - October 4, 2023, 3:07 am

Congratulations man, this is huge. Keep it up. This is such an achievement. We are currently dealing with this with my sister in law as well with one of of my best friends. Sister in law is hopeless addicted to meth and whatever she can get her hands on. We keep trying and I think at this point we need her to hit rock bottom. A few weeks ago I got a call from a friend of mine who said she found my sister in law sleeping outside of her store, doped out of her mind.

My friend is an alcoholic and it's really screwed him up, it's caused extreme weight gain, he's lost all productivity, he's on the verge of losing the job I got him, and he's really not even a happy drunk. He gets so agitated like some wild animal in a cage. The other night he was drunk, and messaged me at 11:30 to argue with me that the movie The Machine wasn't funny.

SRT - October 7, 2023, 6:42 pm

Congratulations man, that's a great achievement!