

Destination Hope, I came here anticipating the same old place to take a break from life. I knew I needed help. My trip here wasn't because I had reached bottom. That took place years ago when I went to my first Rehab. This time I saw (finally) that I was repeating old patterns. When entering DH for the first time I remember how disorienting it was. The community was so welcoming. Joe made me feel at ease even though it was ~~his~~ his first day. Time seemed to pass slowly at first. A week felt like a year. I was learning, which is something I wasn't expecting. I was blessed to have Lystra ~~be~~ as my therapist. She was exactly what I needed. She forced me to take a look at my past and myself at an angle I had never considered before. It was through her that I learned the value of sitting through uncomfortable emotions. Learning that those are the moments that you grow. While she was the person with the greatest impact on me there are many more I need to mention.

No matter how good/great a place is we all hit walls. There were many times that I wanted to leave. Dan, Mo, Alyssa, Merrideth, and Missy all at some point without knowing it influenced me to keep pushing. Just by showing that they

had a genuine interest and Cared. Dans groups always motivated me that recovery was possible and he treated us like family. His insight is unparalleled. Mo is such a Sweet lady and her passion shows. When I wanted to leave she was the reason I stayed through that weekend. It wasn't what she said but that she went out of her way to find, sit beside me and try. Alyssia I witnessed encouraging clients in down situations. This came at a time that I was feeling like no one Cared how we felt. Merideths constant joy and smile always gave me a reason to smile.

Missy made me feel like a normal person when I thought I was gonna lose my mind I could keep giving more examples and I'm sorry if I missed anyone. I'm amazed that so many amazing people ended up working in one place.

So many amazing things have happened for me here. Because of the family weekend I feel I have the chance to rebuild my relationship with my wife. I'm looking forward to the hard road ahead and that blows my mind. Parts of my life that I had buried w/o knowing it resurfaced and DH helped me face them. Because of my time here I've learned that I actually like myself and I have hope for the future.

About a week ago after getting my discharge date, I had this sudden realization (awakening?) that I had this

amazing opportunity and gratitude washed over my body. I knew I had this all along (opportunity) but I was so caught up in the work I was doing, that I didn't recognize it. This is such a unique chance that we get. To spend everyday focused on working through our issues and striving to become our best selves. People w/o our problems never get this chance. Many would argue which is better but I wouldn't trade who I am or my family and experiences for a normal life.

I was expecting to leave DH Sober. I never anticipated that I would actually like myself. I never thought that I would be excited to start my journey. Honestly I couldn't comprehend the emotions that I'm feeling today.

For that I want to say thank you all! I Love you all. I hope that I can help others like you ~~but~~ all have helped me.

Regards,
Hunny Wilson

P.S

Sorry to add this as an afterthought but I'm compelled to add Josh to this list. He inspired me in how I'm going to interact as a husband and where I'm taking my

Spiritual walk when I leave this place. I feel connected in a way to his journey that inspired hope in my own life.

Regards,