

NAME	B
What made you want to get into treatment?	I felt I had had enough, pressure from my family and brother in particular. I couldn't be bothered to do anything and felt old. I wanted to change my life
How long for	5 years ago,
What treatments did you find most helpful. What did you get out of them	I found acamprosate most helpful, it works! I didn't get on with antabuse. Having somewhere to go to talk to someone was really good. Having more money in my pocket spurred me on. I could not have gone cold turkey on my own, I found I could reduce my drinking but not stop.
What was the hardest bit about getting started	Knowing that I could not have a drink. I kept doing diaries daily, and I could see I was reducing down from 7 to 6 to 5 pints a day and got down to 2 and a half pints. I haven't had a drink now for 12 weeks!
What have been the best bits	Not having a drink! More money! Being busy! I have something I am doing every day.
What does recovery mean to you	Being able to do more with my life; before I couldn't because I was always drunk. I volunteer now so I meet new people, I have 'get up and go' and I am being me! I go to lots of places now.
What advice would you give to someone about to leave treatment and try to maintain their recovery	Just try to carry on reducing and stopping, take the tablets, focus more on yourself and not the drink, you end up thinking more about the drink and how to get it and not on yourself and your life.
Have you signed consent form?	yes