Joshua J

I grew up in the Mountains of New Hampshire. I had a good childhood for the most part. I loved living in the woods and playing outside. It was fun gaming in the woods and camping outside in the yard. That all changed once my older brother molested me. After that I became an angry child. I never told anyone until now but it affected me in a lot of ways that I now know. My mom and I lost our relationship. I resented her because my brother was her favorite. I ended up doing good and found my peace with sports and motocross and four wheeling. I stuck up for the weak in school and the mentally challenged. I fought a lot because of that. I did not like bullies and I also did school plays and was a very good at playing the part of someone else. I never really found myself out of my shell after what my brother did. At age ten I had a minor heart attack. That's when they found out I had heart conditions. By age 13 they took away physical stress after an unsuccessful surgery so I couldn't play my sports or compete. That's when I fell into a very depressive state and found drugs and alcohol. My anger came back and there was no reasoning with me. I've been arrested numerous times and spent a lot of time in jail. I went from forth in my class to not graduating. In and out of rehabs and psych wards. I died three times and even lost my ability to have kids over my drug use. I wished for death to the max in hopes to not wake up the next day. I have scars on my lists and tried killing myself with pills. I was empty inside. I saw no reason to not use and I was always the cool kid that was the life of the party until the end of the night. I sold drugs to feed my habit. I had many girlfriends but the wrong ones. I always wanted something real. They weren't ready for that. The last year is when I decided I really wanted to change. To be sober. I never wanted to think I could never use again. I want to be happy and be the man I know I can be. I got my first site of happiness with myself when I ran 5 ½ miles over the bridge to North Fort Myers. I'm always there to lift people up and to do something for me felt good. I haven't run in many years other than running from cops. I set my goals for myself and try to reach them. My life starts today. The past is the past but it made me the man I am today so I don't regret my past. I just have to forgive and move forward. Forgive anyone who hurt me and forgive myself and let go of anger so I can start being happy. I want my song to be about asking my higher power to keep me strong on this journey in recovery. I turned my back and I know I can't do it on my own and my higher power has kept me alive when I shouldn't be. I am still alive for a reason. I know I have God to thank for that. He never left me but now it is time to walk with him not with him behind me.