

CATHAL'S STORY

Cathal is one of the lucky ones who has survived years of dependency on alcohol and other drugs:

"I drank to numb the bad feelings but when you drink you numb everything, good and bad. I now realise that my negative feelings and thoughts are negative interpretations of my life which disempower me.

I'm grateful to have discovered that I can choose how I view my life – choose what I do with my negative thoughts.

Most people who have been down the road I have been on have lost everything. I'm still alive, I have a family and I've opportunities to contribute something positive in the lives of others and I'm grateful for that."

Why does numbing oneself with alcohol/drugs or escaping in unhealthy relationships, crazy music or dangerous games not work out well?



Cathal's Newborn Son

"When our son died I stopped communicating. I felt isolated inside and it was only after having a break-down and going into detox and recovery that I was able to view my life more objectively.



Little by little I came to accept my son's short life as a gift. I found that I could actually go back and access hope in the situation. He's still with me but in a different way.

My experience helps me to empathise and be of service to others who have experienced sorrow in their lives".

What experience might you have had that helps you to empathise with other people's difficulties or sufferings?

