

Testimonial of a NCPHP Past Participant 12/3/16

“It was not my plan. I thought I could save myself if I just had the will power. Besides, I had the will power for just about everything else in my life. I made it through med school didn't I? But I had a big problem. I knew I needed to stop drinking, taking Adderall, and looking at porn, but I couldn't seem to do it. I knew it was illegal. I knew it was harmful to my health. I knew it could cost me my job. Yet, I could not stop.

My addictions were a secret. This is why they would not go away or get better. For years my wife and kids and colleagues had no idea. I spent time hiding my drinking, drugs, and porn from everyone...a lot of time.

Eventually, a few people began to notice there was something wrong, but I lied about it. My secret lived a little longer. I realized I was in trouble. I felt like I was on a fast train heading for a cliff and my only option was to stay on the train.

When a pharmacist discovered I was forging prescriptions and reported me to my hospital administrator, my secret was exposed. But, I also learned there was an option other than staying on the train. It was NCPHP.

I was still in trouble. On that infamous day I told my wife I was an alcoholic. I told her I was a drug addict, a porn addict, and that I was likely going to lose my job. I had had an extramarital affair, and I decided to tell her about that too. (A very bad day.) The next day I met with NCPHP and my recovery officially began.

Leaving my family in shambles, I checked into Ridgeview Institute and stayed 4 months. It was a tough summer. I was not sure my wife would stay with me. She was hurt and really angry. I had kept so many secrets from her.

I was motivated. I learned my only hope was to stay sober, and I was willing to do whatever it took. It took a month or so, but I began to trust that my counselors and NCPHP really wanted me to succeed.

The most important thing I did was to get an experienced sponsor who led me through the twelve steps. I took this seriously, and I worked hard. I became honest with others and my shame diminished. I uncovered many of the issues that were driving my addictions and healing occurred.

A miracle happened. My wife decided not to leave me. I can only give God credit for this. She could have and should have left our marriage, but she decided to give me another chance. Fortunately, when I returned from Ridgeview, I was different. I was not completely healed or perfect, but I was different, and she noticed.

I entered a new phase with NCPHP. I was tested and I went to meetings. I worked with a counselor. I found a local sponsor. I stayed sober and made new friends. I made amends and apologized to my former partners. I worked the steps. I found God again.

Over time, there has been wonderful reconciliation. I found a new job but after a few years, this practice merged with my former one. I actually had my old job back. My wife loves me. She is suspicious at times, but who wouldn't be. I am a better doctor, husband, and father. I live a grateful life. I am honest. I am compassionate. I am different.”