

I was addicted to cocaine for eight years. It controlled and destroyed my life. I left home in an attempt to sort out my life and save my marriage, and I booked in for treatment at Elim Clinic. After treatment, I have been clean for one month until 'n relapsed. Over a period of two years I went from bad to worse, until I ended up in the gutter. I had no place to stay, no relationship with my family, and without any possessions or property of my own. My health deteriorated to such an extent that I landed up in Hospital due to cocaine overdose.

On the 9th of September 2009, I woke up and all I felt was exhaustion and guilt, I no longer wanted to go on. I pleaded with the Lord to help me; I knew He was my last hope. I realized I needed help, I phoned my wife and asked for her help. She agreed, collected me and took me home. I discussed my decision to change my life with my family and we all prayed together. The next Wednesday evening I joined Aftercare at Elim Clinic, and started applying the principles of recovery to all aspects of my life. On Thursdays my wife and I went to the Re-group sessions at the Kaleido City Campus, this became my 'Accountability Group'. I continued attending theses support groups on a regular basis, Aftercare, Re-group and the support of my family created a balanced support system in my life.

I thank God for His grace, for giving me the opportunity, the courage, strength and support to be able to recover from cocaine addiction. On 1 September 2010 I celebrated one year in recovery, and I look forward to the second celebration on 1 September 2011. To those who are reading my testimony, I want to say that **there is hope!** To recover from drug addiction requires a change in life style, but if you are willing to do what it takes, you will succeed.

By Mike Viljoen an ex-patient, 2011.