



**My name is Alyssa and I
am a recovering addict.**

When I first came to Choose Life Ministry, I came in hopes of becoming sober, but the program gave me an unshakeable faith in God. What I found there went far beyond sobriety. The Homestead gave me the opportunity to rediscover who I truly am—an identity rooted in Christ Jesus. But before coming here, I was completely lost.

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At a young age, my parents divorced, and I grew up without a stable family environment. I lacked structure, guidance, and leadership from the adults in my life. As a result, I began seeking out relationships that mirrored what I had seen growing up—relationships that were ultimately unhealthy. Over time, these choices led me further down a dark and destructive path.

I began experimenting with drugs in high school, and by the age of 18, I became pregnant.

**SUCCESS
STORIES:
ALYSSA**

While my pregnancy helped me stay sober for a time, the addiction never truly left me. Even after he was born, I continued to struggle—not always in extreme ways, but enough to keep me walking down a path that led toward darkness.

Things seemed to improve when I met the father of my second son. He was on a journey of self-discovery, and together we wanted to build a better life. Over the course of a few years, we made positive changes and pursued education, but I still didn't understand what healthy love truly looked like. What appeared to be a picture-perfect life always felt just out of reach. Eventually, I realized that the relationship was not what I wanted for myself or for my children, and I chose to leave. Some people come into our lives as lessons, and that's what that relationship became for me.

During the years that followed, I focused on building something of my own and started a business I was proud of. Yet deep down, I still struggled with a desire to feel loved and seen. The people around me normalized drinking, and it gradually became part of my everyday life. Without realizing it, I was allowing destructive patterns back in. The stability I had worked so hard to create began to crumble, and when things went wrong, they unraveled quickly.

In the middle of this season, my grandmother—who had been the foundation and glue of our family—passed away. Her loss deeply affected me. Instead of processing my grief in a healthy way, I turned away from everything and spiraled. I relapsed on a drug I had been free from for 10 years and spent nearly two years chasing my next high. By April 2024, I had reached the end of myself. Desperate for change, I reached out for help and was brought to Choose Life. I didn't know what to expect, but I knew I needed something to save my life.



Alyssa with her extended family.

Within my first week at Choose Life, I realized that it wasn't just addiction that was destroying me—it was my thinking and the choices I was making. The program helped me rebuild my identity and gave me the tools to pursue lasting freedom. I am forever grateful for the women who walked alongside me, helping me unlearn the lies I had believed for so long. There were tears, breakthroughs, and moments of joy, but most importantly, I was given the chance to truly heal and become rooted in Christ.

Today, I am over two years sober. In a few months, I will be getting married to a man who is also rooted in his identity in Christ. I've become part of a supportive church community and have been serving in kids' ministry for about a year, leading groups and investing in the next generation. For the first time, I feel a deep sense of purpose and belonging.

I am incredibly thankful to Choose Life Ministry for the support, guidance, and life-changing lessons that helped me get to where I am today.

If you are struggling to find purpose or freedom, I encourage you to reach out. It might just change your life.