

Calming Influence

The TRUSTCard®



Opioid Addiction Story Part 2

Hello again ... I am Eric
Father to Tara



Here it is, 5 years later, and I cannot write "the rest of the story" without tears welling in my eyes again and a lump in my throat. I wrote about Tara and her Heroin-Addiction Tragedy-To-Victory Story for the Interperson® TRUSTCard® websites that long (5 yrs.) ago. It seems at one and the same time barely 5 minutes AND yet nearly a lifetime.

Let me jump right in and say that Tara is today and has continuously been doing absolutely marvelously these 5 years.



Justified Skepticism

I know what you're thinking and you're right: "5 continuous years (once a Heroin addict)? ... No bumps? No hassles? This couldn't be! ... Heroin is no pushover, no easy recovery path. Addiction Recovery and in particular Opioid Addiction Recovery just 'couldn't possibly go this smoothly'!!!!!" You'd be so right to be thinking exactly all of that and more! In a world of fake news, whichever side of that subject you might be on, the story I am about to continue for you **IS NEVERTHELESS REAL!**

Reflections

My tears mentioned above, weren't and aren't only tears of joy. That said, they are by far, **MOSTLY THAT!**

Mixed with those joyful tears are today the tears that come from my wife and I still remembering the ordeal our family went through because of Tara's Heroin Addiction. The events of those days, weeks and months were, make no mistake horrific, horrendous, gruesome, ghastly and shocking, virtually day in and day out without letup.

TheTRUSTCard® made and makes these memories bearable; has made and continues to make them NOT (which by all rights they should be) emotionally combustible at the drop of a hat; fuel for our own, our daughter's, her child's and for that matter our whole family's PTSD (which as a Family **we do not** suffer from).



As fabulously as Tara has done and is doing, we still remember the dread of not knowing so many times where she was all the while praying that she was still alive. We still remember the constant battle, the huge setbacks and the fleeting successes. We still remember her brother's heroic actions to save her life that one fateful day. But those memories are now, thankfully just memories and not memories soaked in the emotions of shame, dread and desperation, as they were back then. These memories are now no different than any other time of our lives in the past.

A Lifeline to a Future of Hope & Persistence

You see, my wife and I used The TRUSTCard® to help us control the unbearable anxiety, dread, panic and the so often uncontrollable trembling both during the ordeal and later; when the memories of those horrible days triggered those same emotions and feelings in our bodies as if they were occurring in real time over and over and over again.

The TRUSTCard® has been THE essential tool in extinguishing and eventually eliminating the negative emotions associated with those dreadful memories. The memories of our ordeal with Tara are certainly still there but thanks to the support of our extended family and friends and The TRUSTCard®, those memories ARE NOT what is triggering the strong emotions that I feel right now...



The tears in my eyes and the lump in my throat are now being triggered as I look over at the picture on the mantle of a beautiful little 6-year-old girl. She's Tara's little girl, my 6-yr-old granddaughter, Sara.

Now, Tara, her husband James, also a recovering addict, and Sara are the joy of my wife's life and my life! Things have certainly changed in the last 5 years!

What It Took

This story continues to be about grit, determination, love and acceptance. It certainly has taken all of these attributes and many, many more for this story to continue successfully

but as my wife Julie, and Tara, James and I will attest, The TRUSTCard® has from start to now, been an essential part of our continuing Family Success Story.



I WISH TO STATE RIGHT HERE THAT THE TRUSTCARD® DID NOT (NOR WAS IT EVER DESIGNED TO) REPLACE THE INDISPENSABLE EXPERTISE OF THE MANY RECOVERY SPECIALISTS, WITHOUT WHOM TARA WOULD SIMPLY BE DEAD! ALSO DESERVING OF CREDIT IS THE COURT, IN PARTICULAR, HER JUDGE, WHOSE INSIGHT AND COMPASSION ALWAYS BOUNDED BY A CLEAR KNOWLEDGE OF THE LAWS TARA VIOLATED BACK THEN, HELPED GUIDE THIS STORY TO ITS NOW PERSISTING LEVEL OF SUCCESS.



LET ME REITERATE AND EXPAND ON THIS OVERWHELMINGLY IMPORTANT POINT – ADDICTION RECOVERY PROFESSIONALS ARE VITAL TO A PROCESS LIKE TARA’S. AND ACCORDINGLY, TARA AND JAMES USE ALL THE TOOLS OF THEIR ADDICTION-RECOVERY ORGANIZATION TO HELP THEMSELVES, EACH OTHER AND OTHERS WITHIN **THEIR ONE-ON-ONE RELATIONSHIPS WITH RECOVERING ADDICTS** AND THEIR FAMILIES. TARA AND JAMES HAVE BOTH TOLD ME THAT LOOKING BACK AND LOOKING FORWARD, THE TRUSTCARD® HAS BEEN AND REMAINS AN ESSENTIAL TOOL IN ADDICTION RECOVERY.

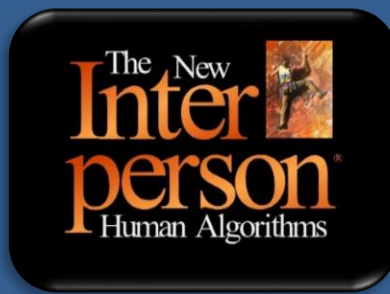
Back when my wife and I didn’t know whether Tara would live or die, **we** used The TRUSTCard®. We both continued to use it when things seemed to be getting better but the memories and emotions would, despite the progress almost choke us. And, **we continue to use** The TRUSTCard® today as time goes by ... so we can love and enjoy our “new” family unobstructed by what would have been the torturing memories of a horrific past.

Wider Influence

From her early days in the recovery process leading up to her appearance before the judge, who eventually (see Part 1) cleared her record and has throughout applauded her success through to today, Tara continues to use The TRUSTCard® as a daily assist.

Of course, as I’ve mentioned above, ongoing Addiction-Recovery meetings and the love she shares with her daughter, her husband, and the rest of her family are all of fundamental importance. The TRUSTCard® remains an essential tool for Tara as she deals with the all-too-real underlying “pull” of past (active) and now dormant addiction; and, well, the stress of a now “normal” everyday life for a 27-year-old Mom, Wife and Daughter.





Lifelong Remnants



Addiction takes its toll. It resets the bar you might say with respect to how much an addict's body "internalizes" the mortal threat that opioids, in this case heroin, programs into one's DNA, and the addict's subsequent brain-body reaction to it. As a result, Tara tends initially to experience anxiety at work and at home as she handles everyday life, only prior to her disciplined use of The Card each day, which remedies that. Tara has told me she doesn't know what she would do without her TRUSTCard®!

Successfully & Stably Employed

The TRUSTCard® has been an essential assist for Tara at home and at work and in another very important "mission" that both Tara and James have fully embraced as an essential part of their lives.

But let's talk about work first. She took steps starting around 5 years ago to get herself trained in the world of cosmetics and hairstyling. Not just as an employee, which is where she started. She has built a clientele for her by-appointment services, which at this point includes some very high-end clients. She is stable in her work and keeps expanding her client list.



Ongoing Commitment To Others In Need



That very important mission is their "mission" is to help addicts, other addicts in recovery and the families of addicts get past their "demons" and continue their struggle towards recovery and a successful life. They explain how in real life, this is felt and measured in so many ways ... love, happiness, responsibility, a place to live, financial health and honor. In fact, she was "endorsed" by the judge in her case (see Part 1), to tour around our home city with a message of cold facts about heroin (or any) addiction, as well as one of compassionate empathy for those just starting out, or who may have faltered on the journey she has now traveled so successfully for these 5 years.

Tara and James are very active in their Addiction-Recovery group presenting her story of addiction to recovery to many groups including recovering addicts and their families. Tara and James both, act as "sponsors" in their Addiction-Recovery programs in which they take one-on-one personal responsibility to help other recovering addicts and their families deal with life and the never ending, almost irresistible push and pull back to heroin and addiction.



At one time (years ago now), I said that I was ashamed that she was my daughter. The tears welled up in my eyes just now as I recalled that feeling.

I no longer feel one iota of that! Today's tears are 90% of pure joy now accompanied by a welling sense of pride in Tara, her husband, James, my wife Julie, not to mention Sara, the cutest little 6-year old Granddaughter ever (no Grandpa-bias at all!) and my two sons.

As I said earlier, this story is about grit, determination, love and acceptance. It certainly takes all of these attributes and many, many more for this story to continue successfully but as Tara, James, Julie and I will attest The TRUSTCard® was and will forever remain an essential part, on a minute-to-minute, hour-to-hour day-to-day basis of this continuing Success Story.

E.W.,
Northern California, USA
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FOCUS Multiple Correction®
Factor Awareness
The TRUSTCard®
Voluntary Decision-
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