

HI, I – I'm ALICE, um, alcoholic
I've been sober for 184 days
I-I drank my first beer when I was nine years old
My dad's an alcoholic, so, uh, my mother liked to
blame my lapse on his example
That way she could hurt both of us at once
Anyway I liked my beer...
And the one that followed
And about a year ago I got drunk
I couldn't stop getting drunk
It had never really happened quite like that, and I still
don't know why
I've lied to everyone that I know
Everyone I love and...
I was ashamed and terrified
And humiliated everyday.
Um, one day I...
Got out of the shower, grabbed a towel...
And decided to go get the paper.
And nobody saw me go out the front door or at the
curb,
which was a very good thing,
because I was holding the towel just folded in my
hand

I know how lucky I've been,
'cause there were times when I drove my little girls
around...
just ripped out of my mind
One Saturday I took my baby girl on errands
And when I got home
I realized she wasn't with me.
I had left her some place

And since I couldn't remember where I'd been,
I had no idea where,so...

I spent the next few hours calling every shop I'd ever
been to...

Until finally the tile guy rang my front door bell.

They had found my address on a check

I rewarded him of course, you know, by never going
back to his store

My bottom was 184 days ago ...

When my,uh,

my little girl watched me...

wash down aspirin with vodka.

And then I hit my baby....

And when I passed out she was alone with me,

and she taught I was dead

and all of my life I will never know what I did to her.

And I know I have to forgive myself for that

And I have to forgive myself for what I've done to my
husband.

It's horrryfinf how much you can hate yourself for
being low and weak.

And he couldn't save me from that, so i turned it on
him.

I tried to empty it onto him, but there was always
more, ya know?

When He tried to help

I told him that He made me feel small and worhless.

But nobody makes us feel that, man.

We do that for ourselves.

I shut him out because...

I knew that if He ever really saw...

Who I was inside,

He wouldn't love me .
And we're separated now.
He's moved away
And it was so hard not to beg him to stay:
And I don't know if I'm gonna get a second chance,
but I have to believe I do deserve one
because we all do.