

AMANDA POLICH REMARKS AT THE COUNCIL'S 2019 SPRING LUNCHEON

My name is Amanda Polich, I am a wife, mother, friend, business woman, volunteer, traveler and an alcoholic. I am honored and a little terrified to have been asked to Co Chair this luncheon today. I am grateful for each of you in this room who have shown up to support the Recovery Community of Houston.

You see - I was all of those things I listed above before I became and alcoholic.

I grew up with an amazing family, my 2 brothers are in the audience today. Drinking was a normal par of social events in our family - 4th of July, Christmas, vacations - they all included a stash of booze readily available. When I got to high school naturally I thought this was normal behavior - a right of passage. I started my drinking career in high school and it continued in to college and into my working life.

Weekends were always filled with parties, dinners, sporting evening and vacations and just as I had know - plenty of alcohol to accompany those events. I was holding down a successful career, enjoying life.

I didn't drink at home alone, didn't drink during the week and couldn't fathom having a drink at lunch - UNTIL I DID.

You see alcoholism is a progressive disease. Traveling weekly with an unlimited expense account introduced me to nightly drinking and when the traveling stopped - my drinking didn't. All the things I mentioned - drinking alone, drinking during the day, drinking before client meetings, drinking before volunteering that I couldn't fathom doing 10 years prior became the norm and the worst part - I had no idea it was a problem.

The only "Alcoholic" that I knew growing up was my Grandmother's father. He was "mean" and it was never discussed except how mean he was and that my great grandparents divorced. I didn't realize that you could be all the things I opened with and still be an alcoholic.

With the help of some family and friends - many who are here today and organizations like the Council on Recovery I was thrust into this thing called Recovery. I had no idea what it was but I knew what I was doing was not serving me well.

I showed up and gave 110% and what was given to me in return was a life I couldn't imagine before recovery. The Houston recovery community surrounded me to show me not only how to live a life without alcohol but thrive. They showed me how to go our to dinner and not order wine, they showed me how to entertain at a business dinner and not drink, they showed me how to show up for my dying mother and not reach for a glass (or bottle) of wine to numb the pain and for that I am forever grateful.

Today I show up today to share my experience, strength and hope and as that you support the council on recovery as I do. My life is as full as it could be and I honestly don't know how I would find the time to fit drinking back in. I am an amazing mother, friend, wife and

grandmother. I have a career that I love, I volunteer my time with organizations I am passionate about and I travel the world with a supportive husband. All of this is possible because I made a decision to do this thing called Recovery.

I'll leave you with this by Brene Brown

"Truth and courage aren't always comfortable, but they're never weakness. Those who have a strong sense of love and belonging have the courage to be imperfect. You either walk inside your story and own it or you stand outside your story & hustle for your worthiness" - Brene Brown.

Thank you for supporting the Council on Recovery today - As Nancy Levicki with Dress for Success shares - by showing up and learning about the mission of organizations we change the face of the Houston community. As you go out today, please remember our tag line - you know someone who needs us.