



ALEJA BENNETT'S BEAUTIFUL
POETIC STRATEGY
IN RECOVERY

Aleja Bennett

Scars Publications

BIO

My poetry is real strong emotional feelings that have been hidden inside my heart for years. Through years of neglect, abuse and never having a mothers love damaged my soul. I have fallen but now I have picked up myself to be the best for real writer all from the heart that I will be. I have learned that no one loves you like the Lord. Sometimes I wanted to end my life but then I found out that my pain one day would be written down touching other lives. I am a very blessed, spiritual and an emotional young black woman. Now I can truly say that I am very grateful to be alive, knowing this I hold my head up high.

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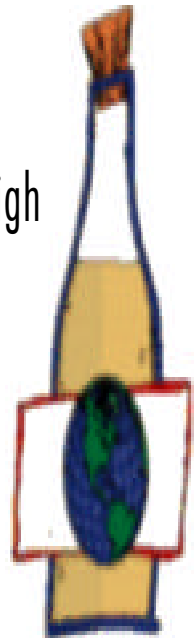
Poem “Being Alive” published through Poetry.Com after being a semi finalist for a nationwide poetry contest.

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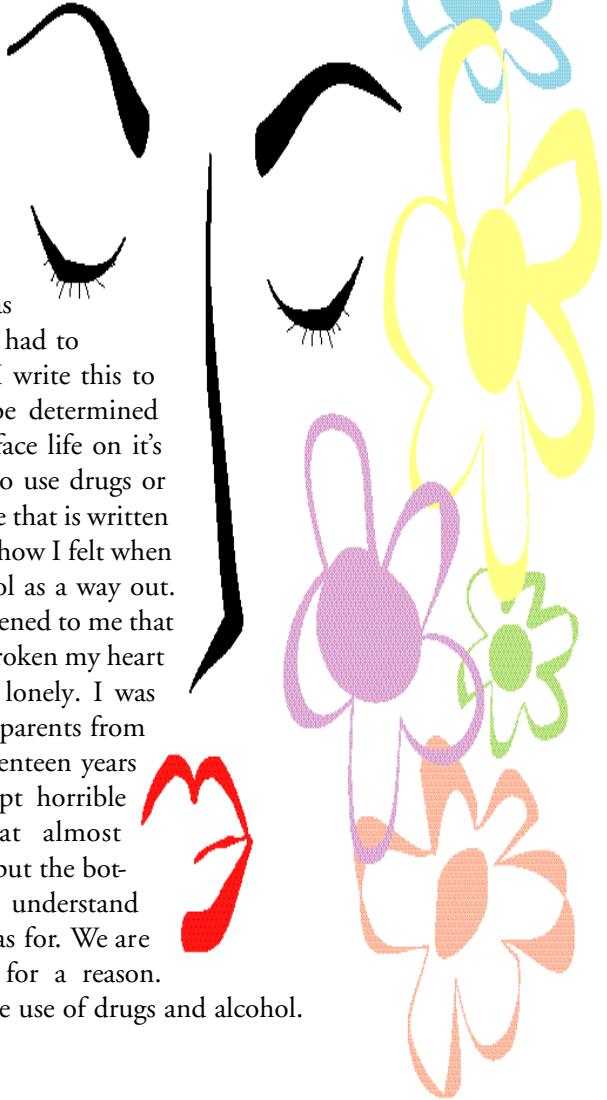
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INTRODUCTION

Hi my name is Aleja Bennett and I am a recovering alcoholic. As my body was withdrawing from alcohol I started feeling real emotional feelings again, which was something that I never had to feel when I was high. I write this to help other people to be determined and strong enough to face life on it's terms without having to use drugs or alcohol. Everything here that is written is all true and is exactly how I felt when I no longer used alcohol as a way out. You see things has happened to me that has injured my spirit, broken my heart and has made me feel lonely. I was abused by my adopted parents from the ages of three to seventeen years of age. For years I kept horrible secrets to myself that almost destroyed me. When I put the bottle down I was able to understand what my total being was for. We are all put on this earth for a reason. Don't cut it short by the use of drugs and alcohol.



JUST FOR TODAY

Just for today I'll stay strong
and by the grace of God I'll carry on.
Just for today I'll stay away from the bottle
and maybe find something else to swallow.
Today I will cry and wipe the tears from my eyes
to get rid of some of these feelings inside.
Just for today I'll go to a meeting
to finally let go of some of these feelings.
Just for today I will sing a song
that I will sing for the whole day long.
Just for today I will love myself
like there is no one else to love
except that man above.
I tell you today, that just today
I'll be sober.
So I can live another day older.
Just for today I'll find that job
so I don't have to go and rob.
Just for today I'll say thanks for sharing
because of that story, I might start sharing
but just for today.
You see, just for today I will smile
and try to make it last a little while.
Just for today, no vodka,
Long Island Iced Tea
Or even some of that Hennessy
Instead I'll go to a meeting
or call my sponsor to release some of these feelings.
Just For Today.



THINGS TO DO AND NOT GET HIGH

For the first time in my life I will try to live sober
so that I may see my children and their's get older.
Now I know there are some things I have to stand up to
and this is just what I plan to do.
I never had to face things being high
and I never let myself feel weak to cry.
This one thing that I do know
is when I start to feel alone
and can't make it on my own
I'll pick up the phone, if no ones home
I'll make another call because I will not fall.
When I was drunk I stunk
but now I smell good
like a real woman should.
No it's not easy to stop drinking
but im real sick and tired of sinking.
When I should be singing, living, rejoicing,
hoping, wishing, praying, laughing, writing
dancing, communicating, fellowshipping
expressing, happy not sad
but most of all try to be glad.
What we have to realize is that we're special
because God made us, there is nothing else to discuss
but your feelings at a meeting.
Take it day by day
because of this substance we
must all atay away and think about the next day
when it comes our way.

BEING ALIVE

To me, being alive you can accomplish alot
and no one can tell you that you cannot.
Being alive you can be whatever you want to be
It's all up to you, when you decide you'll see.
You will make mistakes this you will do
but when you learn from it you can start anew.
Being alive all starts from being a baby
and when we grow up we'll be a man or a lady.
Some of us have been abused and even used
by people that are cruel
they think we are some kind of freaking fool.
Being alive people hurt us over and over again
but we mess up when we let them win.
We may drink and get high to erase
or not think about our past
but you're only hurting yourself
just like other people have.
Be strong and go on and live your life
Don't go on forever carrying hate.
Don't let pain eat you up inside
because one day it can be too late.
Being alive is a wonderful thing
and when you choose life
you'll be on top of everything.





WITHDRAWAL

As I sit here today im going through withdrawal
from alcohol and thats not even all.
I have to face reality
and live life normally.
Straight and sober I have to deal with lifes ups and downs
finally learn to stand my own ground
Boy how scary this sounds.
Now I have to hold my head up
and tell negative people to
shut the hell up.
Boy, how I would like to have a nice
cold vodka with orange juice.
then what will that do?
What will it prove?
Nothing.
Aint that something.
The taste is good and the feeling it brings
but im suppose to be sober to be on top of things.
I can't do this high or drunk
I lose focus, blackout and do things
that I would never ever normally do.
Trust me that ain't kool. In the end
I feel just like a silly fool.
When you think about the things you have done
getting high, you wont keep repeating it
because those terrible memories will get you by.
After my last blackout I said no more
but i said that several times before.
Death is not what I want
I would love to live
and live to love
not live to drink
See what happens when you
stop getting high, you think.



SENSITIVITY

If you are a recovering addict and have a sensitive nature
you must express how you feel when someone hurts you
If you hold it in you might pick up again.

Sensitivity is a feeling you feel
what people fail to realize is that your feelings are real.
some people express themselves bt talking
writing maybe you can do something more exciting.
Love you at all times and make your living worth while.

Now I know being sensitive is no joke
You don't need a reason to smoke.

Deal with your sensitive nature day by day
then you'll be able to deal with what negative
people always have to say.

Some people don't know they have hurt you
Let them know, feeling messed up is not
the way to go.

Keep your enemies far away
and your loved ones near
try to understand that it's o.k.hed a tear.
Remember it's better to cry
then get high.

Sensitivity is real, there's really no remedy
In time you'll start healing
because sensitivity is a seroius feeling.

RELATIONSHIPS IN RECOVERY

A positive relationship with your mate while in recovery is very necessary
You're going to need your mate now more than ever.
You're going to be dealing with life
something you didn't do before, you need to be honest
let out what you're feeling mor and more.
If someone loves you they will know exactly what to do
and how to help you see your recovery through.
Love is a very important thing to have when
trying to change your life.
It'll be there for you happy or sad.
Love is a hug or a hand to hold
Love will keep you warm when the nights become cold
Love will be there to listen to you
If someone is giving you this four letter word
you will make it through.
A negative relationship is definitely not what you need
If you're involved in this you reall should continue to read.
It's now time for you to love yourself before you can
love somebody else.
If you are showing love and not receiving it back
Know that you deserve better than that.
It's very hard not to have someone love you
just as you love them.
This can often hurt over and over again.
Start doing new things that keeps you busy
Stay around your support groups
Call them alot, soon the hurting will stop
The next time you find love make sure it goes both ways
Along with a healthy recovery that will last for years and days.



FEELING LONELY

When you stop getting high you must leave certain
people, places and things alone
so you can become strong and do this on your own.
Yes, you will feel alone, you will meet a new family soon
which is addicts just like you, who can tell you what to do.
Changing your life means making new friends
The new people you meet will be addicts just like you
they know what you're going through.
When I was drinking most of the time it was because I felt lonely
Now that Im sober I find other positive things to do. Do you?
I still feel lonely every night then I pick up my pen
lay back down and start to write.
What will you do when you start to feel lonely?
Don't think you're feeling this way only.
Try listening to your favorite song
maybe it's playing on the quiet storm
Don't listen to any sad songs
that will make you cry all night long
Draw a picture or write down how you feel
Watch a movie or your favorite cartoon
Maybe you'll start feeling better soon.
I deal with my loneliness by writing
You might like something more exciting.
When I write it starts to feel good
I write down exactly what Im feeling
so I can finally start healing.
When I finally go to sleep Im too tired to even think
about feeling lonely. I've expressed myself on paper
so I don't have to think about painful things later.

continued

Like I never had a mothers love and how I felt lonely because of this for years, not even knowing who my real mother is. My adopted parents didn't love me either i held on to this pain for years later. Now I know I didn't deserve to be abandoned, tortured and used and it's not my fault that they never got caught. I kept this inside for years, drank for ten years I buried all my pain so I wouldn't have to think about those terrible memories again. I felt so alone as a child, every night in my sleep the only thing I did was weep, then think about all those secrets I keep.



Why did my father give me bloody lips for not eating eggs?
Why did my mother call me skinny and ugly? I always wanted to know why was she so angry especially when she dragged the hotcomb through my scalp every saturday night. Sometimes I still can feel the burning in my scalp. Sometimes I wanted to yell.
I didn't mean to go into my childhood story but back then is when I really felt lonely.
Lonely and scared felling like no one cares.
Please don't destroy yourself like people tried to do to you.
That is what i tried to do, they are not worth it so forgive and move right along.
You don't have to feel lonely when you meet new friends in recovery
If you don't have a mother then call your sponsor or a friend whenever you are feeling sad and lonely
But see, I will always want a mother only so I'll never have to feel sad and lonely.



DON'T HOLD THINGS IN

Holding things in for years is what I did
Just block it out just not to shed anymore tears
That's why i drank for ten years
I thought it would erase all of my fears.
I usually drank when someone made me upset
the drinking i thought helped to forget
I just never wanted to feel anymore pain
so I would drink over and over again.
I wish I didn't hold things in like I did
growing up no one listened to me when I was a kid
I was immuned to being quiet then as i became
older I buried all the secret pain with liquor.
After all these years of holding things in it is still kind
of hard to express myself today. Im getting better at i more ad more
Instead of holding it in. My writing helps me to release some of these feelings.
I don't want to hold things in anymore, thats the reason I was drinking
before
I would like a second chance at life once more.
I wish I was stronger ten years ago before I took my last drink
Wishing I would've stopped to think
Dealing with my painful childhood
Drinking became the only thing that made me fell good.
I didn't have to be scared of anything when I was high
didn't even feel weak to cry because nothing bothered me
that's where I wanted to be
I really thought I was free but I wasn't
Instead I was this hurt little girl
trapped inside a womans body
who wouldn't let it out and talk to anybody.
Im glad that I'm letting it out today in my writing
I really don't want to take a drink
It just might make me sick.
Drinkink is not the way out of a situation



we must start making the right decision.
Some people hold things in then carry it to their grave.
Im glad this didn't happen to me
Now instead Im letting it out as you can see.
Be like me and don't hold things in anymore
I know what holding it in feels like
I don't want to do it anymore
this is the reason i let it out for
I don't want to hurt anymore
So, what are you holding it in for?



WHAT'S IMPORTANT AND SPECIAL TO YOU

In all our lives we have people that are very important and special to us, I know I do how about you?

I didn't realize how important my kids were to me until I stopped drinking. Now I can be the best mother I can be By this change the kids will even see, I'll be able to be me. If you don't have children you know someone or people that's special to you, who you find dear and true that will be there for you.

If you need help and have someone to trust
Call them you must!!

You can appreciate people and things more when you're not getting high. You can do this all you have to do is try. Right now I feel special to me and this is how you should also be.

Whats important is the new life i live now
If you've paid attention I've already showed you how.
Living my new life will be nbetter for my children
This I am not going to ruin. Why?
That's something I don't feel like doing.

SOMEONE CARES

Even though you're going through
and don't know what to do
you need help, strength, good friends
and someone who cares.

When you arrive at a meeting these strange people
that does not know you listens to your story, put
their arms around you then you get to listen to their story too.
This truly makes me feel good when I go to a meeting
I receive such a warm greeting
It's good to know someone cares.

It's not easy to come off an addiction especially when
your past life was full of affliction
Think about you now and what you deserve
Make sure you share your feelings so that they
can be heard.

No one can judge you at a A.A. or N.A. meeting
we all are the same just going by a different name.
Whether you drank or did drugs neither is worse than the other
this is what you will soon discover.

Caring, sharing and celebrating is what recovery is all about
Receiving and consuming all of this
not one meeting i cannot miss.

It feels so good to be surrounded by people just like me
There is no other place I'd rather be.

I go to meetings because I stay clean
If you're doing this you know exactly what I mean
You see, now Im addicted to something thats positive.
When I leave the meeting it leaves me with such a good feeling.
being with people that care and are willing to share
you simply can't find that everywhere.

I say we are truly blessed to have the help that we need.
Once you decide to change your life try going to a meeting
Try getting to know your higher power
It will be all you need.

Grace and peace be unto you
your family too
and all that you do.





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