

HAPPY, JOYOUS & FREE

The Lighter Side of Sobriety

WHIP IT GOOD

I have done some crazy, exciting things in sobriety—all new behaviors, for me. Before I found AA, I as never any fun. So, roller skating was a new fun thing to do. “It’s like riding a bike,” someone said to me as I wobbled onto the rink. I thought, I can ride a bike. I’m not the type to give up just because I am not good at something. So, I kept going around the rink, and each time I improved. It was fun.

The last time around, I got carried away. Skating was okay, but I wanted my partner to whip me around a corner. I couldn’t help it—I loved it. I laughed so hard that it took the rest of the lap to catch my breath. I was having a lot of fun, but like drinking, two turns were probably enough. I got a feeling that three would be too many, but this did not stop me. The third turn ended in disaster. The whip was perfect, but I went down. I broke my wrist.

I have an enormous course load at school and several term papers due. I am now typing at one-fourth my typing speed. Could I have been happy just skating like other people, or did I really have to have the “whip”? Even when I realize that there may be severe consequences in response to a reckless activity, it doesn’t seem to enter my mind when I am in the moment. But I will not forget this anytime soon.

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