

Skittish Woman

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Sandra and Phylly enters an AA meeting. They are greeted by the host, who points them to the coffee and refreshments station.

Sandra fixes a coffee, while Phylly looks around at the room full of people.

SANDRA

You want one?

She points to a donut. Phylly shakes her head. She notices how nervous Phylly is.

SANDRA

It's going to be okay, you don't have to speak if you don't want too.

PHYLLY

I know.

They sit down.

HOST

Hello everyone, it's great to see you all today. I see some returning faces and some new ones; and I would like to say congratulations for taking the steps needed to maintain your sobriety.

Everyone nods.

HOST

Would anyone like to share today?

A SKITTISH WOMAN raises her hand.

HOST

Yes.

SKITTISH WOMAN

I had a relapse recently.

Another woman reaches over and grabs her hand, then releases.

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SKITTISH WOMAN

I'm not proud of it. I was very disappointed in myself. I asked myself, how the hell did I end up back right here.

SKITTISH WOMAN

But I had to be honest with myself, I kept making the same mistakes and using the same excuses to make them. I'm here today because I'm starting back over again-- Day one, and that's okay.

She sits down. Everyone claps for her.

HOST

You're right, that is okay. Many of us have to restart and when that happens don't get caught up in the disappointment.

A HISPANIC WOMAN lifts his finger up.

HOST

Yes.

HISPANIC WOMAN

Yesterday I found out that my oldest son has an alcohol addiction- - he hasn't admitted it, but his wife complains to us about it. And I thought to myself why would he do such a thing? He knows my struggle and how bad it affected our home, why would he pick up the bottle? Then I realized, that my addiction passed on to him. Now how am I suppose to deal with that?

HOST

You talk to him, give him the support he needs when the time comes, and love him through it. But yes, our addictions have the ability to be inherited by our children-- especially if we don't tackle it now before it completely takes over us because right now at this moment, we have a chance. That's why we are all here right?

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Everyone claps. Sandra places her hand on Phylly's leg. Phylly stands.

PHYLLY

I didn't plan on speaking today, but I feel like in order for me to grow from this I need to speak on it.

Everyone nods.

PHYLLY

My mother dealt with alcoholism, and I often hated her for it. My mother and I were never close. It's like when my dreams became bigger than hers she started to resent me for it. When my father left us, she blamed me for it. Abandonment, hate, resentment, insecurity I carried those feeling for a very long time and those feelings overtime became excuses to why I had to drink. I never knew how to deal with my feelings, instead I just became self-destructive and pushed people away. Now I'm learning that Alcohol and drugs do not control me, negative thoughts and emotions do not control me, and I'm finally ready to take my life back.

She sits down. Everyone claps, and Sandra hugs her.

SANDRA

I'm so proud of you.

Phylly sits back in the chair, smiling as a teardrop rolls down her face.