



Thank you for taking the time to answer the feature questions below.

Please, tell us about yourself, where were you born and raised? What was life like growing up in childhood? - And a bit about your family?

I was born and raised in Moscow Russia. Life for me growing up was hard as my family was very poor.

My family consist of my mother and father (who were addicts and alcoholics); an older brother called Aleksandr and a younger sister called Lana.

My brother and I we both sort of followed in our parent's footsteps with the addictions. I have done many things throughout the years that I am not proud of like for example things to get more cash or drugs.

Random question: what is the earliest childhood memory you can remember?

The earliest memory that I have is playing as a child with my older brother in the snow and throwing snowballs at everyone. The snow in Russia was much fun to play in both me and my brother and well any child and adult.

What education course did you follow or where did life take you after this?

My education is not very good my family didn't have the money to put me or my other siblings into school.

I had some friends who were older who thankfully helped me to learn some things. I was even taught to write English which is much needed as most countries speak or write it English.

I love animals and would prefer to work with animals rather than some people.

Would you like to share about your journey through addiction?

My journey through addiction started young. I wish that I had never started with the drugs and the alcohol. I have been an addict and alcoholic for a total of 14years. My addiction has caused me many problems in my life with things like the police, losing friendships, relationships, jobs and a house. I find that losing friendships and relationships to be one of the hard things of addiction. There are always people who will get sick of you saying that you will quit this time then they get upset when you relapse and then they turn their backs on you. In the beginning you thing oh this feels fun and good but when you finally come to realise that no using and drinking is no longer for fun then it's just crap. I'd really like to hope that no one will follow in my footsteps in to addiction but we all know that there will be people stuck in the grips of addiction.

Please tell us about your journey into recovery?

My journey into recovery has been a long and challenging road. I've been attending AA and NA both online and offline. They are all very supportive and help many get through tough times. I am currently a week clean from Heroin and Alcohol. I still struggle daily with



weather or not I should give in to the cravings and niggling feelings. Withdrawals is one of the worst things about recovery but once you get through them it slowly gets easier. You need to focus on what you really want. I am not very good with coping without drugs and alcohol but I am slowly learning how to.

What has been some of the best moments of your life and career?

One of the best moments in my life so far has been when I decided to go to rehab to get clean. When I was waiting to go in to rehab I was nervous and very anxious and unsure if I really wanted to go through with it. Once I got in and passed the withdrawals I slowly started to feel better, I met new people and made lifelong friends.

What projects are you currently working on?

I'm currently working on getting a job and staying clean. I try to make sure that I go out and keep looking and applying for jobs nonstop.

Do you have any 'coping strategies' that you use?

My coping strategies haven't always been the best ways of coping. I'm still trying to work out better coping skills.

How do you view the journey of recovery?

The journey to recovery is a long and challenging road. It is worth going to all lengths possible. Whether you have any type of addiction or mental health problems.

What does the future hold for you? - Upcoming events/news etc.

What does the future hold for me? I don't know what it holds for but does anyone?