

My name is Lori and I am an alcoholic.

I've been sober for six of my eleven years of employment at Southwest Airlines. My first few years at Southwest were a nonstop party. My overnights were never long enough. I loved the image of the fun, party girl that I portrayed on the outside, but I worked hard to hide the fact that I was unraveling on the inside. I was scared to come to work because you might figure me out. My bank account balance was never what I wanted it to be, and my life was slipping through the grasp of my alcohol addiction. The biggest consequence I was facing was my failing relationships. My best friends were starting to detach from me because they didn't like watching me fall apart. It was obvious to me that something was not working but no matter what I tried, I was never able to find the help that I was looking for. I volunteered, I went to therapy, I tried different ways of controlling my drinking, and I hung out with different groups of people, always thinking that other people were the problem. But no matter what I tried - I always found myself drunk and full of regret the next morning.

The year before I got sober, I flew with someone I had partied hard with in the past. Except this time, he was different: he was sober. I had never known a sober person before. I found it hard to believe that he was choosing not to drink anymore. How he could he be sober and be a Flight Attendant? I was fascinated. I spent our whole three day together asking him how he was doing it. Did he go to AA? What was that like? What did he do on overnights? What would he do on vacations? How could he possibly live without alcohol?

Fast forward six months down the road: I was in trouble at work because of my Attendance Points total and knew that I was in danger of losing my job. I reached out for help and found the help that I was looking for. I went to Outpatient treatment, which lead me to Alcoholics Anonymous (AA). With the help of AA and the 12 steps, I've been able to stay sober, one day at a time, since November 1, 2010.

Last year, I joined that friend who told me about his sobriety all those years ago as a Flight Attendant Drug and Alcohol Program (FADAP) Team Member.