

Me is Me, But This Changed Me

One of William James' theories was that we as human beings, by changing the inner attitudes of our minds, can also change the outer aspects of our lives.

A major change in my life was when I became severely depressed one night and went out drinking. I became so unstable and intoxicated that I was stopped for Driving While Intoxicated and went to jail. I had never done this before and the police officers, eventually throughout the night, knew this and let me go as long as someone would come and pick me up.

For two years after that, I had to pay fines. I went to jail twice for the same crime, attended Alcoholics Anonymous sessions, Community Service, and also visited a probation officer once a month. All I could feel after that was that I was sorry for what had happened. I could have caused a wreck or killed someone or even killed myself. I just thank God every day that my life and all others were spared.

I am not sure what was going through my mind that evening. I just know I needed a friend and did not have one. I was depressed, crying and the drinking only inhibited the depression more, and I did not care what happened to me. That incident is now like a nightmare that had become real. I wish I could go back in time but I cannot.

Before the incident, I was the type of person who felt would and could do no wrong; that I was good and nothing could happen to me. I did not do much for anyone. I would only take care of myself and my family. I would not drink except on certain occasions. A few years before the incident, I had gone through a strenuous divorce and became very depressed at times. And, at certain times, I would be happy because I was free. The marriage seemed like a prison.

Because of what happened, I have become a more conservative person. I may go out but I do not drink and I am more careful in what I do in every aspect of my life. I care more about others and try to help them. I want to do more for people. I am a member of the Heidi Search Center and the Texas EquuSearch Research Team. I can see myself at times give money to people on the street whereas I would not do that before. It is like I feel that I have been given a second chance and I need to make the best of it.

I am doing better in school now than ever before. Also, even though I do not drink when I am driving, I still get nervous when I am on the road. I feel safer if someone drives for me. My family and I have accomplished a lot more now. We have a good home. The kids do great in school. They strive more to do their best. And, I know this is because of my outlook on life now. I want us all to strive to do our best. My son wants to be an actor and I am helping by letting him attend workshops and photo sessions. Before, I would not even spend the time, money, or would not have the spirit or the passion to do these things.

I still get depressed at times but I am a little bit more realistic and in control of how I act and the things that I do. I have gained the passion to write poetry that I did not have since I was in high school.

I know that this incident happening in my life may not have been the sole source but it sure caused a great deal of change and I like it.

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