

RRP Episode 91 – Returning to the Foundation: Julie’s Look Back and What Got Her Through

Presenters: Julie and Peter

Length: 49 minutes, 07 seconds

Summary

In Episode 91, Julie shares a deeply honest check-in, reflecting on a year marked by emotional exhaustion, resurfaced trauma, work-related burnout, and a ruptured eardrum that led to unexpected emotional unraveling. She talks about being forced off work, entering intensive outpatient therapy, and confronting trauma she had buried for decades. Through it all, Julie found grounding by returning to her AA foundation—Lunch Bunch and Extended Family—where familiar voices and community helped her reconnect to hope. She also shares her humbling job search, the role of service and community partnerships like SnowCap, and how reconnecting with recovery restored the sense of gratitude she felt in early sobriety. Peter joins in reflecting on the legacy of the podcast, the power of vulnerability, and the stories that will live on long after they’re gone.

Key Points with Time Stamps

[00:00:11] Julie and Peter open by discussing the real cost of producing the podcast and ask listeners for support to continue into 2026.

[00:01:32] Julie shares amazement at reaching over 10,000 listeners and being internationally ranked.

[00:03:01] They welcome listeners, explain the purpose of the podcast, and share crisis-line reminders.

[00:05:25] Julie recalls early podcast days, the vulnerability of sharing her story, and struggling to be authentic at work.

[00:07:20] Julie describes the buildup of stress and pain that led to a ruptured eardrum.

[00:08:39] Julie is put off work by her doctor and is sent to a psychiatrist, triggering buried trauma.

[00:09:46] Julie begins intensive outpatient therapy, learning about rumination and how deeply work stress had overtaken her life.

[00:07:47 – 00:08:12] Julie returns to Extended Family meetings where she sits quietly, cries through several nights, and finds grounding again.

[00:32:00] Julie reflects on protecting her daughter for years and realizing how little control she truly has.

[00:32:22] Julie describes Lunch Bunch as her recovery foundation and Extended Family as her emotional support.

[00:33:12] Julie talks about small miracles in recovery, including being asked to chair holiday meetings.

[00:25:08] Julie describes a humbling job search, accepting a lower-paying position, and relying on SNAP.

[00:26:29] Julie finds purpose at her new company, engaging with SnowCap and attending the Ignite event.

[00:31:02] Julie describes rediscovering hope—feeling like she did when she first got sober.

[00:33:31] Julie thanks listeners and emphasizes the priceless courage of guests who share their stories.

[00:46:03] Peter reflects on the podcast's legacy and how the stories will live on long after they're gone.

[00:47:43] The episode closes with gratitude, an invitation to engage with the podcast, and reminders to stay connected.

Quote from the Episode

"My foundation is so solid that I feel like I can weather any storm." — Julie

Links

Listen to this episode: <https://mdcr1.com/91>

Blog post: <https://mdcr1.com/91b>

Real Recovery Podcast: <https://www.realrecoverypodcast.com/>

SnowCap Community Charities — <https://www.snowcap.org/>

Referenced in transcript (no URLs provided in transcript):

- Lunch Bunch
 - Extended Family
 - Ignite Event
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Conclusion

Julie's honesty in this check-in reminds listeners that recovery continues to evolve no matter how many years one has. This time pushed her to return to the basics—support,

meetings, honesty, and community. Her story reinforces the truth that setbacks aren't signs of failure, but moments that bring us back to our foundation.

Hashtags and Mentions

#RealRecoveryPodcast #RecoveryJourney #AddictionRecovery #SobrietyStories #AA
#HopeAndHealing #CommunitySupport @RealRecoveryPodcast