

RRP Episode 97 – Quentin: Relapse, Shame, and the Courage to Come Back

Title: RRP Episode 97. Quentin — From Anger and Isolation to a Safe Space in Recovery

Presenters: Julie and Peter

Length: 1:25:57

Summary: In this episode, Quentin shares a raw, honest look at how anger, isolation, and untreated mental health fueled his drinking—and what it took to finally reach for help. Julie and Peter walk with him through the turning points: asking for culturally specific support, learning how to feel again, rebuilding connection, and finding “safe space” and chosen family through community.

Key Points

- **[00:42:45]** Quentin reflects on how anger shaped his drinking—and how the “just stop being angry” advice didn’t match reality.
- **[00:43:14]** He shares the moment he asked for culturally specific mental-health support (“black people problems” and “trans people problems”).
- **[00:47:31]** Early recovery: IOP/Zoom meetings, learning to face feelings he’d never dealt with, and what it was like hearing others’ grief.
- **[00:50:53]** A heavy, honest turning point: therapy as a last stop before something worse—and why he’s grateful he chose help.
- **[01:16:18]** Quentin’s creative side: Julie shouts out his photography and where listeners can find his work.
- **[01:16:54]** Four years in: seasonal depression, navigating family dynamics, and learning to “feel all the feels” without numbing out.
- **[01:19:48]** Holidays in recovery: realizing he didn’t want to be alone—he needed to be in a safe space.
- **[01:23:29]** Found family and community care: “I definitely gained a whole nother family.”

Links

- **Listening Link:** <https://mdcr1.com/97>
- **Blog Link:** <https://mdcr1.com/97b>
- **Cucumber Studios (mentioned):** <https://cucumberstudios.com>

- **GTD Go the Distance (mentioned):** <https://gtdgothedistance.org>

Quote

“You are going to kill yourself, sir. So going to therapy was like my final attempt before I really attempt something bigger.” — Quentin

Hashtags and Mentions

#RealRecoveryPodcast #Recovery #Sobriety #MentalHealth #LGBTQRecovery
#TransInRecovery #HolidayRecovery #CommunitySupport #PortlandRecovery
#GTDGoTheDistance @4DRecovery