

RRP Episode 98. Ebony — Trauma, Identity, and the Road That Led to Recovery (Part One)

Presenters: Julie and Peter

Length: 57 minutes, 17 seconds

Episode Overview

In part one of this two-part conversation, Ebony shares the early chapters of her lived experience, focusing on trauma, identity, and the survival strategies that shaped her path into addiction. This episode centers on understanding the roots of substance use, the impact of lived experience, and the early moments of awareness that begin to open the door to recovery.

Key Points with Time Codes

- **[00:02:10]** Ebony introduces herself and begins sharing early life context and formative experiences
 - **[00:06:45]** Childhood and adolescent trauma and its impact on identity and self-worth
 - **[00:12:30]** Early coping mechanisms and survival patterns taking shape
 - **[00:18:55]** Emotional disconnection, belonging, and internal conflict
 - **[00:26:10]** Substance use as a way to manage pain and unresolved trauma
 - **[00:33:40]** Recognizing patterns and the cost of staying disconnected
 - **[00:41:15]** Moments of awareness that begin to challenge old narratives
 - **[00:49:30]** Naming the underlying pain and beginning to question old coping strategies
 - **[00:57:17]** Part One concludes, setting the stage for what comes next
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Why This Episode Matters

This episode focuses on the *before* — the context, pain, and lived experience that often go unseen. Ebony’s story highlights why trauma-informed conversations matter and how understanding the roots of addiction is a critical step toward meaningful recovery.

What’s Next

This conversation continues in **Part Two (Episode 99)**, where Ebony shares how recovery began to take shape, what healing looked like in practice, and how her story continues to unfold.

Listen & Read

- **Listen:** <https://mdcr1.com/98>
 - **Blog:** <https://mdcr1.com/98b>
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Transcript-Verified Quote

“I didn’t even realize how much I was carrying until I finally stopped running from it.” —
Ebony

Hashtags & Mentions

#RealRecoveryPodcast, #AddictionRecovery, #TraumaAndRecovery, #LivedExperience, #RecoveryJourney, #HealingThroughUnderstanding, #SobrietyStories