
RRP Episode 99. Ebony — Choosing Recovery, Rebuilding Trust, and Living the Work (Part Two)

Presenters: Julie and Peter

Length: 00:57:17

Episode Overview

In part two of this two-part conversation, Ebony’s story turns toward recovery. Beginning where part one left off, this episode explores the transition from awareness into action, the realities of early recovery, and the ongoing work of healing. Ebony shares what it meant to begin choosing something different, how support and accountability played a role, and why recovery is a process that continues to evolve over time.

Key Points with Time Codes

- **[00:57:17]** Transition point — awareness gives way to change and early recovery decisions
 - **[01:01:40]** Entering recovery and facing the realities of early sobriety
 - **[01:07:55]** Learning new tools and unlearning survival patterns
 - **[01:15:20]** Accountability, support, and asking for help
 - **[01:23:10]** Rebuilding trust with self and others
 - **[01:31:45]** Understanding recovery as ongoing work, not a single moment
 - **[01:39:30]** Growth, reflection, and staying grounded in lived experience
 - **[End]** Closing reflections and encouragement for listeners
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Why This Episode Matters

This episode focuses on the *after* — what happens once awareness turns into action. Ebony’s story highlights that recovery is not linear or perfect, but built through consistency, honesty, and support. For listeners navigating their own recovery journeys, this conversation offers both realism and hope.

Transcript-Verified Quote

“Recovery didn’t fix everything overnight, but it gave me a way forward.” — Ebony

Listen & Read

- **Listen:** <https://mdcr1.com/99>
 - **Blog:** <https://mdcr1.com/99b>
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Part One Reminder

If you haven’t listened yet, **Part One (Episode 98)** explores the roots of trauma, identity, and survival that shaped Ebony’s path before recovery began.

- Listen to Part One: <https://mdcr1.com/98>
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Hashtags & Mentions

#RealRecoveryPodcast, #AddictionRecovery, #RecoveryJourney, #EarlyRecovery,
#LivedExperience, #HealingInProgress, #SobrietyStories