

RRP 119 — Cassandra P. / Love Wasn't Enough, Part 2: Finding Her People, Setting Boundaries, and the Life Recovery Actually Built

Presenter: Peter B. and Julie L. **Episode Length:** 1:05:00 **Release Date:** June 19, 2026

In Part 2 of this mother-daughter conversation, Cassandra P. picks up where she left off — walking through the doors of Another Chance treatment center in May 2024 not fully convinced she had a problem, and walking out six months later with something she didn't expect: her people. Cassandra shares what the IOP structure gave her, how she navigated early sobriety while still living with her ex, and what it finally felt like to be in a healthy relationship. She also opens up about her two-year sobriety milestone, the morning routine that's changing how she starts her days, and the Jersey Shore quote she keeps coming back to.

Key Points

- **[00:03:00]** The Another Chance philosophy in Cassandra's own words: "Recovery's new to me. Whatever someone suggests, I'm gonna do it." IOP ran Monday–Friday, 9 AM–3 PM, with drug testing three times per week.
- **[00:06:00]** Cassandra didn't graduate until November 2024 — not because she used, but because heavy marijuana use before treatment kept showing in her system. She also admits she used cocaine and drank the night before admission to be sure she'd test positive.
- **[00:08:00]** DBT (Dialectical Behavior Therapy) was her favorite class at Another Chance, run by her favorite person, Julia. The program also included a free MUV Fitness gym membership, with an affordable rate post-graduation.
- **[00:11:30]** The bond Cassandra built with classmates brought something back — the feeling of being well-liked and connected, like high school friendships. Jerry said it best at her graduation: "Another Chance has been good for you, but you've been good for Another Chance."
- **[00:19:00]** The moment she knew she was an addict: "The answer is when I had to go without it." She was still living with her ex during early IOP and had to set hard limits — boundaries that were broken within days.
- **[00:22:00]** Cassandra on meeting her current partner John at Another Chance — what started as friendship became the healthiest relationship she's ever had. "I didn't realize how shitty my previous relationships were until you actually have one that's good and healthy."
- **[00:32:00]** A candid admission: she stopped going to meetings for two months when her work schedule conflicted with Colette's Tuesday meeting. "If you make your recovery a priority, you'll find the time." She's now attending Extended Family Saturday and did secretariat for the first time.
- **[00:34:00]** On complacency — and Tristan's quote: "*Recovery is your first job. Your second job pays your bills.*"
- **[00:39:00]** On gratitude in the rooms: hearing other people's stories keeps Cassandra humble. "I think I caught my addiction pretty early on, where it could have taken over my life to a full extent."

- **[00:47:00]** Cassandra's morning routine built around the SAVERS framework from *The Miracle Morning* by Hal Elrod — Silence, Affirmations, Visualization, Exercise, Reading, and Scribing — plus a guided Self-Mastery Journal and an affirmation playlist for the commute.
 - **[00:55:00]** Just hit her two-year sobriety mark. Looking at CNA certification starting late June and exploring peer support specialist credentials to test whether working in recovery is the right path before committing to further schooling.
 - **[01:00:00]** Parting words: a quote from Mike "The Situation" Sorrentino that keeps coming back — *"The comeback is greater than the setback"* — and the reminder that matters most: "There's no one-size-fits-all hat that we wear."
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"I never wanna get complacent, and I never wanna take for granted the things that sobriety and recovery has given me thus far, like in my two years." — Cassandra P.

Websites Discussed

- Another Chance
- MUV Fitness
- Alcoholics Anonymous
- SMART Recovery
- Wellbriety
- *The Miracle Morning* — Hal Elrod
- Real Recovery Podcast

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