

RRP 130 — Matt B. / No More Secrets: A Father, a Son, and a Life in Recovery

Presenters: Julie P. Lewis and Peter B. Dowell

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Matt B. joins Julie and Peter for an honest conversation about a childhood shaped by silence, years spent hiding both alcohol and identity, and the recovery life he found when drinking finally stopped working. Matt shares what meetings, treatment, service, structure, and fellowship gave him, along with the relationship he rebuilt with his son.

Key Points

- **[00:04:00]** Matt describes a strict religious upbringing, the questions that were unwelcome, and the secrets that taught him to hide.
- **[00:11:00]** Drinking began in his mid-twenties and became daily as pressure, parenting, and fear piled up.
- **[00:19:00]** His first A.A. meeting was terrifying, but it was also the first place he said out loud that he was an alcoholic.
- **[00:29:00]** Matt shares his April 19, 2014 sobriety date, alcohol withdrawal, and a hospitalization that made the stakes impossible to ignore.
- **[00:39:00]** A call for help led to treatment, M.C.C., repeated meetings, and the meeting buddy who later became his husband.
- **[00:51:00]** Early recovery meant saying yes, going to meetings, working the steps, and learning through service.
- **[00:58:00]** Matt, Julie, and Peter talk about finding meetings that fit, fellowship, and the freedom to be open about recovery.
- **[01:14:00]** Matt reflects on repairing his relationship with his son, their commitment to no secrets, and the anniversary coins they share.
- **[01:18:00]** His closing message: every day can begin with the first step.

Websites Discussed

- [Alcoholics Anonymous](#)
- [Narcotics Anonymous](#)
- [Crystal Meth Anonymous](#)
- [Kaiser Permanente Oregon](#)
- [True Colors Recovery](#)
- [Go the Distance](#)
- [Al-Anon Family Groups and Alateen](#)
- [Real Recovery Podcast](#)

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“Every day you can start the day with that first step.”

— *Matt B.*

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