

RRP 135 — Walter B. / From the Trap House to Kona, Part 2: Becoming a Dopeless Hope Fiend

Presenters: Julie L and Peter D

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In Part 1, Walter B. told us about the Rose Bowls, the years after the cheering stopped, and the day his friend Matt came to the trap house. In Part 2, he and Matt have a trip to Kona planned. Walter explains why the invitation means so much more to him than a vacation: Matt was the person who helped him find his way into recovery. The three of them also talk about loving yourself, the fourth step, what peer workers do, and the young people Walter looks out for while coaching football. He leaves listeners with a reason to keep going, even if they don't have a Matt in their lives.

Key points

- **00:01:30** Julie talks about how recovery has changed for her over the years, from meetings and raising her daughter to looking for balance today.
- **00:05:44** Walter shares what he is still learning about loving himself and his wife.
- **00:07:49** Matt surprises Walter with a trip they can take together.
- **00:10:03** Why they chose Kona, and why Walter calls Matt his proof that recovery was possible.
- **00:12:23** Peter talks about learning to look in the mirror without putting on a mask.
- **00:16:50** Walter calls himself a "dopeless hope fiend" and describes the imposter syndrome he still feels.
- **00:20:05** Walter and Julie talk about anger, taking the high road, and returning to the steps when they make a mistake.
- **00:23:22** The fourth-step resentment list and the question Walter's sponsor saved for the last column: "What's your part?"
- **00:26:46** Walter talks about being his own harshest critic even after years of recovery.
- **00:31:19** Walter tells Julie and Peter why he wants to encourage others the way people encouraged him.
- **00:33:11** Different experiences, different paths into recovery, and why sharing them matters.
- **00:34:00** Six people show up on a weekend when Julie tells her meeting she is struggling; the meeting grows to seven days.

- **00:36:21** Walter makes the case for better pay and support for peer workers.
- **00:43:27** Walter shares what some former clients taught him about feeling safer outside than in unfamiliar housing.
- **00:46:01** Coaching high school football while looking out for the young people on the team.
- **00:48:07** Walter speaks to someone who is suffering and may not have a Matt to call.
- **00:49:23** Walter tells the story of his older brother's place in his recovery and in their family.
- **00:55:13** Julie and Peter talk about the family people find in recovery.

Websites discussed

[Alcoholics Anonymous](#) · [Narcotics Anonymous](#) · [Crystal Meth Anonymous](#) · [Edward Jones](#) · [Mel Robbins, *The Let Them Theory*](#) · [Another Chance](#) · [Central City Concern](#) · [Portland Rescue Mission](#) · [Central Catholic High School football](#) · [Real Recovery Podcast](#)

"I always wanna give people some hope, because people gave me hope." [Walter B.](#)

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