

RRP 137 — Cade M. / You Can Stop Digging Now: Getting Sober Young

Presenters: Julie L and Peter D

Episode length: Approximately 1 hour 48 minutes

Release date: Friday, October 23, 2026

Summary

At 23, Cade M. talks with Julie L and Peter D about getting sober at 19, finding people his own age in the rooms, and learning to follow the suggestions he once ignored. He shares a realization in a Minnesota hospital bed, the Wednesday home group he protects, and the work of sponsorship. His message to young newcomers is simple: you don't have to burn your life all the way to the ground first.

Key points

- 00:05:00 Wednesday nights belong to his home group.
- 00:43:00 Treatment in Minnesota at 18.
- 00:49:00 A hospital stay and a thought about wanting more.
- 01:01:00 Finding a meeting where you fit, and why that wasn't enough.
- 01:29:00 Cade tells young newcomers they can stop digging now.
- 01:35:00 Working the steps and starting to sponsor around six months.
- 01:42:00 Having fun sober while continuing to do the work.

Websites discussed

- [Hazelden Betty Ford](#)
- [Alcoholics Anonymous](#)
- [Cocaine Anonymous](#)
- [4D Recovery](#)
- [True Colors Recovery](#)
- [Alano Club of Portland](#)
- [Portland-area AA meeting finder](#)
- [Go the Distance](#)
- [Transcending Hope](#)
- [Walk for Recovery](#)
- [Escape From New York Pizza](#)
- [Sizzle Pie](#)
- [Helen Bernhard Bakery](#)
- [Drop the Rock](#)
- [The Ripple Effect](#)
- [AA books: Big Book, Plain Language Big Book, As Bill Sees It, Twelve Steps and Twelve Traditions](#)
- [Real Recovery Podcast](#)

Listen to Episode 137

Read the blog

Subscribe to the newsletter

you can stop digging now, man.

Cade M.

#RealRecoveryPodcast, #GettingSoberYoung, #Recovery, #Sobriety, @RealRecoveryPodcast