

National Institute on Drug Abuse (NIDA)

**"My life was built around getting cocaine  
and getting high."**



<https://www.drugabuse.gov>

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"Stacey" is recovering from her cocaine addiction. She's thankful that her life is different now than it was before. (This story is based on the experiences of real people whose names have been changed.)



When I started using cocaine, I arranged my life so I could get high several

times during the day. I'd take a snort first thing in the morning to face the day. Then I'd do more coke later in the day, between getting to work, doing errands, and seeing friends. But I couldn't keep it under control. There is no control when it comes to cocaine addiction.

I started needing to take more and more cocaine to feel OK. My routine shrank down to working (to get money), buying cocaine, and getting high. Not much else besides eating and sleeping—and not so much of those either. I completely lost touch with my friends and relatives. It was awful.

Now that I'm in treatment, I'm trying to take care of myself. I'm learning to deal with difficult feelings by talking to a counselor, rather than taking a drug. When I am by myself, sometimes I get tempted to use again. That's why counseling and support groups are part of my daily life now. It's also important for me to stay connected with friends and family. I need to feel like a part of the world around me.

**Learn more:** Counseling helped Stacey recover. Read more about [drug addiction treatment](#).

Read more about [how Stacey quit cocaine](#).