

Hope from a Peer Perspective

By Shawn Mire

When life is a struggle and keeps pushing you down, pause for a moment and look around. Is this what I want, all that I can be? Or at this moment is it all that I can see? Well, there's hope and help and a new direction for me.

I'll make one choice at a time, to be better, do better, this life is mine. Those that I love to stand idly by, asking themselves how, when and why. Was it pain, trauma, fear or choice, so this day forward I will use my voice.

To admit I'm weak, no place to turn, start working on those bridges in my destruction I have burned. I'll reach out, speak out, and admit I need help, take it one day at a time to work on nothing but myself.

This is my life, my pain, I share with those around, I'm going to pick myself up off the ground. Better decisions and choices for me, I'll start today, to be all that I can be. It won't be easy, a struggle for sure, but I will succeed knowing my heart is pure.

Rebuilding those bridges with healthy family and friends, from this day forward I am on the mend. When I get overwhelmed with no hope in sight, I'll pull up my bootstraps and fight, fight, fight. For my life I want better, at peace and happy too, I'm doing this for me, not doing this for you.

Although my family and friends will be winners in this trek, I'm doing it now to save my own neck. A lifestyle of destruction I'll leave behind, knowing that this journey will take some time. I'll put forth the effort, the work and the tears, to change my life with the help of my peers.

I will pause, breathe, slow down, and see that these are the people, who truly want to help me. With open arms I will welcome their support, my old lifestyle, today I will abort. It may be a miracle or a chance given to me, but hope, help and peace now I clearly see.

Today I will start one day at a time, to reclaim my life and everything that's mine!

Shawn Mire is a remote Certified Peer Counselor working for Conquer. The main focus of his work is with the inmates in the Stevens County Jail providing much needed support with recovery and re-entering the community. He spent 16 years in prison on a 24-year sentence. He was granted clemency and a commutation of his sentence in 2015 and was released in 2018. His passion is working with men and women and assisting them with reentry, recovery, and goal setting towards autonomy, self-respect, and freedom.