

## Next Step Staff Stories: Zack Lowe



The last time I got high was Halloween 2010. That night, I caught my house and myself on fire while cooking meth. I was sent to treatment and sentenced to 10 years in prison. During treatment I learned to do the "next right thing", so while I was locked up I sought to better myself by completing the Department of Corrections' substance abuse program. The sentencing judge could see the work that I had been doing and released me on shock probation after only 4.5 months.

From there, I went to complete the Next Step Recovery program. That was where life really began for me. Since I was 12, I had been getting high and not really growing up or learning anything so Next Step was where I started over. I took chances and was constantly encouraged to step out of my comfort zone. That is where I started to see true growth. I became friends with some of the NSR guys and the staff. They were genuine and actually seemed to practice what they preached. It motivated me to follow in their footsteps.

Once I got a sponsor and started doing step work, I started seeing where I could help others. This helped me to stop seeking only to help myself, which was the mindset that I kept while I'd been using. Working with NSR gives me constant opportunities to continue helping others and step out of my comfort zone. It has been extremely challenging at times, but getting through those times has brought the greatest rewards.

As I work with all of the guys new to recovery, I share my experiences with them and hope to inspire them to live the life that they deserve and to truly discover their potential. Since arriving in Asheville and attending NSR, I have met my amazing wife, had two beautiful children, and live a life that I never would have dreamed would be mine. My gratitude is immeasurable.

**828-350-9960**

[www.nextsteprecovery.com](http://www.nextsteprecovery.com)