A New Start for Tom (B1 · English B1)

Tekst / Transcript

Tom had one basic plan for the new year: to change his life. For many years he had been an alcoholic, and he knew it. His hands shook in the morning, and he slept badly. His sister Ruth had asked him many times to get help. He never listened, and he told her not to bother him about it.

The change came on a cold January morning. Tom woke up early because the church bell was ringing. He tried to stand up, but he had to bend over the table and hold it. In that moment he felt a sudden fear. He did not want to live like this for another ten years. He called Ruth before breakfast, and she came in twenty minutes.

The next months were a long battle. Tom went to a doctor and joined a small group in the town hall. Every Tuesday they sat around a big wooden board and talked about their week. Nobody judged him there. He learned about the benefit of good sleep, walking and hot food. His strong belief that he could get better helped him on the hard days. Sometimes the wish for a drink hit him like a bomb, and he had to call his sister at midnight.

After a year, Tom had not touched alcohol once. He started to cook again, and he planted flowers outside his door. Ruth told him that his garden had real beauty, and he was very proud. He still goes to the group every Tuesday, but now he helps new people. He tells them that the first month is the worst, and that it does get easier.

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