



## **Bio for Kai Lovallo**

### **Kai's recovery story:**

I am the youngest of three brothers and I have one younger sister. We moved from New York to Charlotte when I was eight years old. My mother raised the four of us by herself. Growing up was hard. I never felt like I belonged and I always just wanted to fit in. I discovered drugs and alcohol at the very tender age of twelve. It was the escape and sense of belonging I was always seeking. Drinking and using ceased to work for me after I was arrested, fired, lost everything and eventually went to treatment. Working the twelve steps of recovery gave me the sense of belonging I always sought from drugs and alcohol with none of the negative effects.

### **How Kai came to Next Step:**

Four years ago I came to Next Step Recovery. I was at the lowest point of my life and this was the final option that was available to me. I graduated from the program and since then my life has improved exponentially. I made the decision to stay involved with the program which eventually led me to a career with Next Step Recovery.

**828-350-9960**  
[www.nextsteprecovery.com](http://www.nextsteprecovery.com)

**Kai's advice for recovering addicts and their friends & family:**

If you are struggling with alcoholism or substance use disorder, just know you are not alone and that you are worthy of recovery. All you need to do is believe in yourself! The saying “it works if you work it” is a cliché for a reason. Recovering isn't a simple task. It may include attending meetings regularly, speaking with a sponsor, and taking a daily personal inventory. However, just making the decision to change is the hardest part. The results are too good to pass up. If you are a loved one of an addict or alcoholic I would recommend groups like Alanon, Nar-Anon, Adult Children of Alcoholics (ACA), therapy, reading books on codependency such as ‘Codependent No More’ and finding individuals who have similar stories.

**A little known fact about Kai:**

In my spare time I enjoy training Brazilian Jiu-Jitsu, playing guitar, and spending time with loved ones.

**828-350-9960**  
[www.nextsteprecovery.com](http://www.nextsteprecovery.com)