

Sophie's* story

IAM RoadSmart drink drive case studies

My son is learning to drive and when I told him how long it takes alcohol to leave your body he was horrified. I learned this at my drink drive rehabilitation (DDRC) course and it was one of the few positive outcomes of my experience. But seeing my family's faces when I told them about being caught was awful. I was scared people would find out. I already had low self-esteem and this has knocked it further.

It was the first time I'd offended and while it's no excuse, I put it down to what's going on in my life. My daughter is waiting for a kidney transplant. This is being donated by my husband, her father. My elderly Mum is living with us. Things have been tough and one evening it felt the world was crumbling around me. I'd been to the supermarket and I felt I needed something before I got back, so had a drink in the car park. I can hardly remember the state I was in, when I was stopped for having a headlight out. The officer could smell the alcohol on my breath and I was breathalysed, before being handcuffed and taken to the station. I was picked up by my husband, and to my shame, my son.

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I've stopped drinking since being convicted. I never want to put myself, or anyone else in that position again. If you should ever be tempted, absolutely, categorically, just don't do it. If you can afford to go for a drink then you can afford a taxi. Just don't risk it, because the repercussions are horrible.



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