

HELLO OLD FRIEND

Hello, old friend. Let me assure you I have not forsaken you. Don't worry you'll be lonely when you leave there. I am here. I will always wait for you. You know where to find me even when others don't. I hide and I wait. Don't believe what they say for you know I am your friend. I am here when you need comfort, when you hurt, when you feel you can't go on. I am here to numb those feelings so you will not have to be tortured with terrible emotions. Just stay close and I can and will fix you instantly with no waiting. Don't worry about calling people or going to those boring meetings.

Do you remember how you chose me in the beginning? Through the years we have become so intimate. I trust you will choose me again and not give up this closeness we have known. We have had such wonderful times together, riding life to the highest of highs. No one and nothing else has ever done that for you. Remember the good times, not those bummers. Keep the happy memories alive. We belong together. You'll never be happy without me.

You'll never be satisfied sleeping with another. I want to be the first thing you awaken to each morning and the last thing you touch each night. No one will believe what a complete lover you are, how much you are devoted to me, how you come back for more and more. I love to watch you; watch all the things you do for me.

I deeply appreciate how much you sacrifice for me - jobs, family, friends, health, money. You always put me first, easily taking time off work for me. You gave up dreams and hopes. You put me before your friends. You put me before your family, even the very ones you love most. You threw people and things away for me if they came between us. That makes me know how much you treasure me.

I can't tell you how grateful I am for your loyalty and the respect you have shown as I remember those beautiful things you have sacrificed just to devote yourself to me. Don't ever despair. You can always depend on me. I wait for you; I will always wait. For I am your friend and lover!

I AM YOUR ADDICTION

Our disease wants us to feel isolated, different, and persecuted. Addiction makes it easy for us to notice the negative, no matter how slight, and completely ignore the positive, no matter how large! If "It" can keep us away from meetings, keep us from gaining knowledge of "Itself", "It" can remain strong- and in control of our lives. Going to meetings, learning about our disease, and a daily contact with a Power greater than it or us, diminishes It. Our disease is fighting for it's life, at the same time that we are fighting for ours. Talk about persecution! Our Disease is our biggest "persecutor", intent on diminishing us until we are nothing but a walking, breathing testament to it's power over us!

Cris

Alcohol is a product of amazing versatility, it will remove the stains from designer clothes, it will also remove the clothes off your back, if by chance it is used in sufficient quantity, alcohol will remove furniture from the home, rugs from the floor, food from the table, lining from the stomach, vision from the eyes, and judgment from the mind. Alcohol will also remove good reputations, good jobs, good friends, happiness from children's hearts, sanity, freedom, spouses, relationships, and man's ability to adjust and live with his fellow man, and even life itself. As a remover, alcohol has no equal!

Alcohol Always Lied to Me

I Drank for Courage... and woke up night after night horrified.

I Drank for Sophistication... and became crude.

I Drank to find Peace... and ignited a war within myself.

I Drank to be Friendly... and became argumentative and nasty.

I Drank to be Sexy... and turned people off.

I Drank so that I could Relate to Others... and I babbled.

I Drank to put down Loneliness... and found myself retreating more and more into my shell.

I Drank to Relax... and woke up tense.

I Drank to be Entertaining... and became an obnoxious clown.

I Drank to Live More Fully... and contemplated suicide.

I Drank for Adventure... and discovered disaster.

I Drank to be more Honest... and insulted my friends.

I Drank to Quiet my Nerves... and woke up with hangover jangles.

I Drank to Feel Better... and ended up sick and throwing up.

I Drank to have Fun... and passed out in the middle of the party.

I Drank to Pep Myself Up... and ended up exhausted.

I Drank to feel Successful... a Big Shot... but ended up a failure.

I Drank for Security... and became afraid of my shadow.

I Drank to Feel Better about Myself... and ended up hating me.

I Drank to prove I could handle Alcohol... and ended up knowing it controlled me.

Author Unknown