

Dear Friend,



I've come to visit you once again. I love to see you suffer mentally, physically, spiritually and socially. I want to have you restless so you can never relax. I want you jumpy and nervous and anxious. I want to make you agitated and irritable so everything and everybody makes you uncomfortable. I want you to be confused and depressed so that you can't think clearly or positively. I want to make you hate everything and everybody, especially yourself. I want you to feel so guilty and remorseful for the things you have done in the past that you'll never be able to let go of me. I want to make you angry and hateful toward the world for the way it is and the way you are. I want you to feel sorry for yourself and blame everything but your addiction for the way things are. I want you to be deceitful and untrustworthy, and to manipulate and con as many people as possible. I want you to wake during all hours of the night screaming for me. You know you can't sleep without me; I'm even in your dreams.

I want to be the first thing you wake up to every morning and the last thing you touch before you black out. I would rather kill you, but I'll be happy enough if I can put you back in the hospital, another institution or jail. But you know I'll still be waiting for you when you come out. I love to watch you slowly go insane. I love to see all the physical damage that I'm causing you. I can't help but sneer and chuckle when you shiver and shake while you freeze and sweat at the same time, and when you wake up with your sheets and blankets soaking wet. It's amazing how much destruction I can do to your internal organs while at the same time work on your brain, destroying it bit by bit.

I deeply appreciate how much you sacrifice for me. The countless good jobs you've sacrificed for me. All the fine friends that you deeply cared for - you gave up for me. And what's more, for the ones you turned against yourself because of your inexcusable actions - I'm more than grateful. And especially your loved ones, your family - the most important people in the world to you - you even threw them away for me. I cannot express in words the gratitude I have for the loyalty you have for me. You sacrificed all these beautiful things in life just to devote yourself completely to me. But do not despair my friend, for on me you can always depend. For after you have lost all these things, you can still depend on me to take even more. You can depend on me to keep you in a living hell, to keep your mind, body and soul - for I will not be satisfied until you are dead, my friend.

Faithfully yours,
Your Addiction and Drug of Choice



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Protecting children from abuse

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