

July 2005

Dear Drugs and Alcohol,

I've had a lot of time to think lately and decided that this relationship isn't going to work and here is why.

You're not good for me; in fact you're very bad. You seem to be there when I think I need you because you make me forget about truths or things that bother me, but then you lead me to insanity. There were times when I just wanted to use you just a little but you overstayed your welcome. I acted out with anger to the ones I loved and cared about. You made me hurt them and isolate from my family. You helped put me into dangerous, violent, abusive, unhealthy relationships with men that hurt me physically and emotionally. There were several times I could have easily been killed because of the way you made me feel and act. You clouded my judgment, you humiliated me, you degraded me, and you made me sick to my stomach.

I've spent the past 25 years married to you. You've kept me from a happy peaceful life. During this last time that's we've been apart, I've grown in many ways. It's time to leave. I can't have someone like you around while my son is growing up. I don't want him to see the things you make me do when I consume you. It's time to let go.

Sincerely,

Joy

This letter was written by Drug Court Graduate, Joy Thompson. It was originally read at her graduation ceremony on July 22, 2005.

Josephine County Drug Court, Grants Pass, Oregon