

Dear Jack, Grandpa aka Substance

I have known you all my life. I saw when you were best friends with my parents. I have to be honest, even to you. You did try at moments to drag me astray to convince me to be your friend. I was too strong to give in!

BUT

There came a point in my life where I decided to get to know you, I didn't want to believe what I saw from your friendship with my parents, because you seemed to make so many other people happy. I also wanted to be happy!

Our friendship has not lasted long. It knew you for only four years, but in that time you managed to destroy, infect and disrupt the pure person and human being that I have strived to be all my life!

I write this letter with confidence and a sober mind, I don't want you in my life; I don't even want to know of you. Thank you for the few so called "good times". If I think back and honestly admit, they were never really worth it. Yet, I learned a valuable lesson; I was not wrong for rejecting you all those years!

So, good riddance to bad things!!!

*A letter to Alcohol written by a patient at Elim Clinic, 2010*