

Dear Alcohol,

I don't know where to start. Things between us started out great in the beginning, so I thought. You made me feel relaxed, courageous, and cool. You made me feel that anything was possible. I even felt that some of the best ideas came while I was with you. I enjoyed you as a reward, as if I deserved you for accomplishing something either earlier in the day or for an entire week of tough days.

You were always there, wherever I went. Then things changed. We encountered what I thought was a one-time mistake years ago. I was wrong. We repeated the same mistake recently but this time, the consequences are greater. I never thought you could do this again to me. I am the only one to pay for what happened and you get off without any repercussion.

You made me feel ashamed, embarrassed and have ruined a reputation I had worked so hard to create. I couldn't see what was really happening until now. I should have stopped seeing you after the first mistake, but I didn't. I see that everything was an illusion, that the one or two here and there was just a set up for you to lure me in to do something bad again. Well you succeeded.

You never cared about me. You didn't care what I wanted or needed. I was just one more to you. You simply never cared. Well I don't have to worry about that anymore because I am now doing what I should have done long ago, before any of the mistakes you and I had. I have learned to cope without you. I found other ways to relax, feel courageous and cool, in different ways to the ones you offered. What you gave me was temporary and costly.

It's over now, forever. You are no longer of any interest to me. I can now walk past you, in all of the places that you are and not think twice about you. You disgust me and no will no longer influence my decisions. You are nothing to me. Farewell, forever.