

A very relevant letter in this mornings paper
Posted by giboir - 25 Feb 2010 20:01

This letter was printed on the front page of a London newspaper this morning.

It is written by a girl addicted to heroin. The girl tried ecstasy at 14 and was hooked by 15. In this letter she celebrates her triumph over the addiction but just three weeks later she had a relapse and was found dead.

I have copied the letter in full below. The parallels to our struggles are obvious. Willpower is not enough to overcome addiction!

Dear Heroin,

*I never want to touch you ever again, **you've ruined my life**, made me steal from my family, on probation because of you, why do I choose you, I don't know?*

You're the worst thing that ever came into my life.

Yes, i did love you but now it's time to say goodbye.

I'm so ashamed of myself because of you.

I OD'd three times..... My family have supported me all the way but I just kick them up the backside, taking advantage of them.

***I stole off my mother, grandad, grandmom.** You messed me up for nearly two and a half years but I still have the whole of my life ahead of me and I'm going to prove to everyone that I'm going to stay away from you....*

*Then **get on with my life** and get my family's trust back. You're a killer... I'm lucky you haven't*

put me in a box in a cemetery.

*Well, guess what heroin? I can and did do it. I can beat you anytime. **I can control you, you don't control me.** I've got enough willpower to get you out of my life for good. **I'm strong and much stronger than you can ever be.***

Goodbye heroin. Never again.

Remember, three weeks after writing this letter, the girl relapsed and was found dead. Change a few words and this letter is relevant to almost all of us at some point.

Giboir

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Re: A very relevant letter in this mornings paper
Posted by kanesher - 25 Feb 2010 20:31

YOUCH! And then we come trailing back...

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Re: A very relevant letter in this mornings paper
Posted by silentbattle - 25 Feb 2010 20:40

[giboir wrote on 25 Feb 2010 20:01:](#)

I can beat you anytime. **I can control you, you don't control me.** I've got enough willpower to get you out of my life for good. **I'm strong and much stronger than you can ever be.**

Goodbye heroin. Never again.[/i]

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Nuff said.

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Re: A very relevant letter in this mornings paper
Posted by the.guard - 26 Feb 2010 11:08

SB hit the nail on the head.

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