

A Sobering Poem of Hope

Posted by Elya K - 23 Aug 2009 04:43

This is a poem I wrote several years ago as a tribute to my 2 1/2 years of sobriety. but poetry doesn't keep you sober :D

Goodbye to Addiction by Elya

You protected me from conflict

And soothed my shattered self,

You were my friend when I was lonely,

And when boredom came to rest.

You were my friend when lovers refused me,

You always pleased me,

At first I blamed you on pure curiosity,

the you got the better of me.

I couldn't get enough of you,

Now I'm getting rid of you!

Goodbye addiction, you meant so much to me,

when I escaped into my fantasy world to escape

my fears and insecurities.

Being anonymous made me feel powerful, sly and invisible,

But deep inside you ended up making me feel miserable.

I latched on to you to pass the time,
When I started new projects or just out of town,
I longed to connect to my fantasies and dreams,
And you always obliged by creating the scene.

Even in success you enveloped my life,
How could I be successful, it just didn't feel right.
With you at my side, I could feel powerful and in charge,
an excuse to procrastinate, to escape my wounded scars.

Now, as I think at all the time I've wasted,
All the real hopes and dreams that could and should have been,
I realize now that in a way you are a blessing in disguise,
Because in my desire to get rid of you,
I've come to appreciate my true self,
And know that Hashem is really in charge,
And all I have to do is give HIM the power to destroy you.

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Re: A Sobering Poem of Hope
Posted by Kedusha - 23 Aug 2009 04:52

Beautiful, and it rings true!

Thank you for sharing this.

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Re: A Sobering Poem of Hope
Posted by the.guard - 23 Aug 2009 10:09

So true, so true... I put it up on our website under "Poems" over here:
www.guardyoureyes.org/?p=1414

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Re: A Sobering Poem of Hope
Posted by aaron - 04 Feb 2010 14:20

I can't believe this?~ absolutely beautiful

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