

## **Apology letter of an addict**

As I go through the process of getting my act together and getting clean, I am not only struggling with the physical, emotional and mental withdrawals, but the regret, guilt, shame, agony and pain of what I have put you through. Dealing and facing with what I have done and caused, is breaking my heart into a million pieces in the very same way I, the addict, has caused your heart to break so many times. Regretfully, I want to apologise and say that I am sorry, for you did not deserve this.

I am sorry for the years of hell which I have put you through, the many arguments, the fights, the screaming, shouting and the calling of names. I am sorry for breaking down your entire human being. You did not deserve this.

I am sorry for all the lying, stealing, robbing, cheating, breaking of our vows and for deceiving you. I am sorry that I have traded you for my drug of choice. I am sorry that I stole your inner peace, your sanity and for breaking your trust in me. You did not deserve this.

I am sorry for the many nights I have robbed you from your sleep, for stealing the car in the middle of the night, for all the time you spend driving around searching for me. I am sorry for all the phone calls I never answered, for shutting you out and not letting you know where I am. I am sorry that I have placed you in danger so many times. You did not deserve this.

I am sorry for all the suicidal attempts and the accidental overdoses. It was never my intention to hurt you, but the desperation to kill this addict inside of me. You did not deserve this.

I am sorry for neglecting you and our children. I am sorry that I never had the time to care for you or show you just how much I really love you. I am sorry that I was never around when you needed me. I am sorry that I did not fulfil my role I was meant to do. I am sorry for crushing your spirit and then walking all over it. I am sorry. You did not deserve this.

I am sorry for the heartache, the ocean of tears and all the many worries I have caused. I am sorry that my habit was the reason that we have lost it all, the house, the cars, the furniture, our family and our friends. I am sorry that I have even lost you in the process. I am sorry for placing a financial burden upon you. I am sorry that I, the addict, caused that you also, have lost it all. I am truly sorry and wish I could undo all I have ever done, but I cannot do so. All I can do is to say that I am sorry, for you did not deserve this.

I the addict acknowledge my powerlessness against addiction. I reached the point, crying out: "Please, please, I need help, I need healing, I want it to stop, I want to get off!", but so also, you cried the same cries many a times. I have placed you in a position of powerlessness yourself, not knowing what to do, or where to from here anymore. I am infected, but I know that in every area of your life, because of this addict, you were also affected. I am sorry, you did not deserve this.

The real me, searching for answers, have stopped playing the blame game; everything I did was my choice. I never thought that one time of using, would turn me into the monster I became, yet, although it is hard to acknowledge, everything I did was out of my own choice. You had nothing to do with it! I was not your choice; it was not your fault, you have not caused any of this! Therefore I am pleading with you, that you would stop playing this blame game too, for it is the addict which caused it all. It may sound harsh, but I want to ensure you that your healing will also start, if you decide to forgive yourself

for the things which were out of your control, as I was the once who made my own choice. You may even need more time, more healing, as I the addict need to restore because of the things I have done. I am sorry for the guilt or thoughts I have placed in your head that you were the reason for my addiction. I am sorry for doing that to you, you did not deserve this.

I cannot make any promises, because my words were nothing but emptiness before. How many times did I promise, I will never do it again and honestly meant it, yet the addict had a stronger hold then I thought. Today I understand things better, and if you are willing, I want to show you who I have discovered and who I really am. Thank you for a second chance, a third, a fourth and even a hundredth time. I am thankful for to God and for the opportunity to another chance in life.

Whatever you do to find your own healing or restoration, I will respect and accept that. You may never trust me again, nor respect me, and I know too well that I deserve this. Should you decide to police me, or watch me like a hawk, set limits, boundaries or rules, or even decide to move on without me, I will understand and know that it is because you love me and only wants to protect me as well as yourself against the addiction which stole our love, our relationship, trust and bond. I am sorry for even putting you through this, for you do not deserve this.

Therefore I ask. Will you please find it in your heart, to forgive me for everything I have done, caused and put you through? Will you allow time to pass to learn that I really have changed until even I am fully aware of my full identity of who I really am? I do not deserve this.

I am so, so sorry, for you did not deserve any of this.

With both love and much regret,

**The addict**

**(Linda Steyn AKA MercyChild – Oct 2008)**