

A LOVE HATE Relationship With Your Addiction

■ by Jerome Ford, MA, LAMFT, CADC

A Letter From Your Addiction

I welcome your visit once again. I love to see you suffer mentally, physically, spiritually and socially. I want to make you restless so you can never relax. I want you jumpy, nervous and anxious. I want to make you agitated and irritable so everything and everybody makes you uncomfortable. I want you to be confused and depressed, so you can't think clearly or positively. I want to make you hate everything and everybody, especially yourself. I want you to feel guilty and remorseful for the things you have done in the past that you will never be able to let go of. I want to make you angry and hateful towards the world for the way it is and the way you are. I want you to feel sorry for yourself and blame everything but me (Your Addiction) for the way things are. I want you to be deceitful and untrustworthy, and to manipulate and con as many people as possible. I want to make you fearful and paranoid for no reason at all hours of the night screaming for me; I'm even in your dreams. I'm better to you than any woman or man could possibly be. For, I am your lover.

I want to be the first thing you wake up to in the morning and the last thing you touch before you black out. I would rather kill you, but I'll be happy enough to put you back in the hospital, another institution or jail. But you know I'll be waiting for you when you get out. I love to watch you go slowly insane. I love to see the disgust you feel when you look at yourself in the mirror. I love to see the physical damage that I am causing you. I can't help but sneer and chuckle when you shiver and shake, when you freeze and sweat at the same time, and when you wake up with your sheets and blanket soaking wet.

It's amazing to watch you make love to the toilet bowl. Heaving and retching and not being able to hold me down. It's amazing how much destruction I can do to internal organs while at the same time, work on your brain destroying it bit by bit. I deeply appreciate how much you've sacrificed for me. The countless good jobs you've sacrificed, all the friends that you deeply cared for. You gave them all up for me. Thank you. But what's more, the ones you turned against yourself because of your inexcusable actions - I'm even more grateful, especially your loved ones - your family, the most important people in the world to you. You threw them away just for me. I cannot express in words the gratitude I have for the loyalty you have for me. Thank you.

You sacrificed all these beautiful things in life, just to devote yourself completely to me. But do not despair my friend, for on me you can always depend. For after you have lost all these things, you can depend on me to keep you in a living hell, to keep your mind, body and soul - for I will not be satisfied until you are DEAD.

Love Always,

Your Addiction

Article continued on reverse side...

A LOVE HATE Relationship With Your Addiction

■ by Jerome Ford, MA, LAMFT, CADC

As an Associate Marriage and Family therapist, I view everything in the context of a relationship and therefore, view addictions as a relationship between a person and a particular thing. That particular thing can be food, sex, pornography, drugs, alcohol, video games or even love. The vast majority of addicted people I know have had a relationship with their addiction for more than half the years they've been alive. And despite all the negative consequences that an addict may experience, he or she continues on in the relationship. This is a powerful bond that, for the non-addicted person, may not make sense. My hope is that this article would provide insight and hope to both addicts and love ones who may have been affected by someone they know that has an addiction. But as you read "A Letter From Your Addiction" (on the reverse side), the non-addicted person may be tempted to ask, "Why would someone want to be in a relationship like that? It doesn't make sense. Why can't they just get out of that relationship?" But remember, this is probably the longest and most consistent relationship that they have ever had. A side note: I have read this letter to many patients, and they too shake their head and ask the same questions of themselves. A powerful bond it is indeed.

So how does such a bond get created?

Some propose that the addiction starts at an early age as a result of trying to cope with a traumatic event or series of events and therefore became a way to escape the pain. Maybe it was the loss of a loved one, or being a victim of emotional or sexual abuse. Whatever the situation was, it was too unbearable to cope with.

However, there are some that never experience any major traumatic event but become addicted because of their environmental circumstances. For those that fall into this category, it can be hanging around peers and wanting to fit in or just wanting to do it out of curiosity. **Whatever the reason, that relationship CAN be severed with the right treatment.**

How can it be severed?

Recall the story of Jesus and the Samaritan woman. John 4:13-18

"Jesus replied, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life." The women said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming to draw water." He told her, "Go, call your husband and come back." "I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. The fact is you have had five husbands and the man you now have is not your husband. What you have said is quite true."

The Samaritan woman had been married five times and Jesus told her the one she was currently with, number 6, wasn't even her husband. My imagination leaves me to believe that she was searching for something. I believe she was looking for something in those marriages that constantly left her empty and still looking. Like the Samaritan woman, many people who struggle with addiction(s) are doing so because they are looking for something. Maybe it's to ease both physical and emotional pain. Maybe, in the moment, it is providing for them something that they have not been able to get, like love and affection. It is a temporary fix that keeps the addict in a vicious cycle, stuck in a bad relationship. But as I mentioned earlier, that relationship can be severed with the right treatment. That treatment is Jesus Christ. Jesus provides the Samaritan woman with the solution to her problem. He says, "Whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life." Jesus is truly the answer to solve your addiction problem, if you seek him with all your heart, mind, and soul.



Jerome Ford is a Licensed Associate Marriage & Family Therapist and Certified Alcohol and Drug Counselor. He works with individuals, couples and families in our Chicago South Loop location.

"A Letter From Your Addiction" (author unknown) is on reverse side

Article taken from the Sep | Oct 2013 issue of *PRESSING ON*, a Publication of Chicago Christian Counseling Center
Chicago Christian Counseling Center has locations throughout Chicagoland and Northwest Indiana

www.chicagochristiancounseling.org

800.361.6880 | info@chicagochristiancounseling.org

[facebook.com/ChicagoChristianCounseling](https://www.facebook.com/ChicagoChristianCounseling) | Text CCCC to 22828 to join our email list

Promoting health and wholeness through professional counseling, consultation and education from a Christian perspective.