

John K

Dear Sir/Madam,

I am writing this letter with the greatest appreciation and gratitude in respect towards the accommodation at The Raymond Hader Clinic (Retreat).

My name is John K, I am forty years old. I am an addict. I have a disease called addiction. From the age of seven my life has been run on anger and fear. From the age of seven my childhood was full of physical and emotional blackmail.

Throughout my teenage years I rebelled and was introduced to mood altering frugs at an early age. This allowed me to block out all my fear and pain that was manifesting within my confused and self-obsessed mind.

Due to my self-obsessive nature and obsession with drugs, I had lost all my possessions, such as a house I could no longer afford the mortgage, my recreational dirt-bike, furniture ect. Although these possessions meant a great deal to me, it is the internals I grieve for, such as true love lost through my addiction of my partner of four years, true love of my family. True friendship of my friends and respect of my peers.

Just to live life as others do, so effortlessly and freely. It all seems such a waste. To live in self shame on a daily basis. To have so much hatred of one's self, unable to face my own reflection in the mirror due to the shame of my actions in active addiction.

Through my time at the Retreat, I have been introduced to Narcotics Anonymous and am studying the Green and Gold i.e.: The twelve steps and traditions. Through working the program, I have learnt a great deal about myself.

I realize I am not responsible for my disease but am responsible for my recovery. Within all the darkness of delusion, my psychotic behaviour, living in self obsession, self centeredness, fear and anger for so long, I believed my life was no longer mine to own or respect. Suicide was strong within my thinking, having attempted to take m life by lacerating my wrists and ramming myself into a pole with my car. I had become enslaved to my own powerlessness of my life.

Through the Raymond Hader Clinic, I now have hope and honesty in my life. I have learnt my disease is treatable through working the twelve step program. I have found the spiritual side of my being, having honesty, tolerance and humility, discipline and gratitude now in my life. Being given the chance to rectify and make amends for my shortcomings, there is now hope and happiness in my future.

Today I am gratefully clean, which would not be possible without the help of the staff at the Raymond Hader Clinic Retreat.

My sincere gratitude to one and all on giving me a short true remarkable start of a new life for me.

My life has new meaning, which was only possible due to the clinic's kindness and understanding of this unforgiving disease.

Thank-you and May god bless you all.

Kindest regards,

John K