

CHAPTER ONE

“Making An Amends”

Being an addict is painful in and of itself. As an addict I didn't give a crap about who I hurt, including myself. I mean let's be real, I was chasing the pipe to numb the pain. So, I didn't feel anything as I was chasing that high. It wasn't until I came down that I could feel the emotional trauma of self-hate and disgust. I didn't want to feel anything. I didn't want to hear my loved ones telling me they loved me and were concerned. I didn't want to experience the funny looks as I wasted away turning into skins and bones. So, the enemy convinced me that the best way to avoid my truth, was to keep chasing after that dope. The dope was going to make it all right. Man, that was the biggest lie I ever fell for in my life.

When I set out to write this book, it was for the sole purpose of helping other addicts. What I didn't know was the impact it would have on cleaning up the residue of my past. The transition started when it was suggested that I make an amends to “Lil Felicia”.

I was desperately trying to make an amends to family members, friends, and others I had caused pain during my addiction. But, the most important person I needed to make an amends to, was the one in the trenches and the dope houses with me the whole time. As I began speaking my truth to “Lil Felicia” it went something like this...

“Lil’ Felicia, this is a conversation that I have avoided for years. Let me begin by saying that I love you very much! There was a time that I didn't love you. I didn't love us and from the bottom of my heart I am sorry. I am sorry for the things I put us through during my active addiction. I am sorry for having to carry the label of a "recovering dope fiend" for the remainder of our lives. My intentions

are to explain; the way, the when and the how. There is no dressing this up, so I will do my best to be truthful and start at the beginning.”

I must admit, this broke a sister down, but it freed me at the same time. It opened my understanding to self-love and self-acceptance. Now, I'm not sure if you are currently battling addiction or if you're in recovery, but there is no time like the present to stand in your truth.

Let's be clear on the definition of *amends*. It is simply taking ownership for the pain afflicted on self and others, and then doing something to correct or heal it. When you choose to make an amends, you are no longer tempted to play the blame game. Making an amends clears the pathway of the old and allows you to journey freely towards your new.

Recovery Reflection

Now that we understand the depth of making an amends. Take this opportunity to make a truthful amends to YOU! This process may be painful, but necessary to move forward in recovery and to remain recovered.

Get in a quiet place. Get still and come face to face with the ugliness of your addiction and begin to write out your truth in the journal area that has been provided for you. This will be your point of reflection and the beginning of your journey towards rebuilding your life.

My Amends Statements: (Examples to help you begin)

- I am sorry that I caused us so much pain.
- I am sorry that I didn't have the courage to stand up for us.

Recovery Prayer

Father help me to stand in my truth and to make an honest amends to me for the hurt and disappointment I afflicted on myself during my addiction. In Jesus Name Amen

