

A letter to my alcoholic Father ... I wrote this letter when I was 28 years old ... I am now 60 and I still read it and understand the burdens we as alcoholic children endure. The pain never goes away even after the person dies. The drink was so much a part of us and our childhood that it is still part of you now. The alcoholism formed your personality and your ways of coping. I personally did not pick up the drink but I surely have an addictive personality and sadly it has passed to my sons. Somehow that cycle must be broken and I am doing all I can to allow that to happen. Mostly I pray.....

Here is the letter...I hope you feel that you can also express your feelings here in this forum in any form you wish. God speed to you each and every one of you ... I feel your pain

"Daddy, Daddy, please don't drink!"

These words I would say.
The same old phrase, day after day.
"Is the reason you drink because of me?
Have I not become what you want me to be?"

Sometimes I feel guilty. I don't even know why...
There is a sadness inside me; I feel I must cry.
I let no one close. I feel so ashamed.
If they knew my secret, they would not feel that same.

I don't believe Daddy I was even a child.
I don't even think I learned how to smile.
I can't hide this hurt that is deep inside.
This anger lives on even after you have died.

I have hidden my feelings for so very long,
When I try to find them, they have already gone.
It's hard to have feelings, I am afraid they are wrong.
It is easier to hide them and pretend I am strong.

These feelings I have, I am afraid they are wrong.
Precious Lord, make this pain go away.
These are the words I pray every day;
To love you and forgive you I desperately ask,
Before my life here becomes part of the past.

Donna C.