

Mentally Chained

Mentally and psychologically, I was chained. And, emotionally I never grew up. I was still that young traumatized child trapped in an adult body. Well into my adulthood, I was still that eight-year-old little boy waiting on the porch for my father to come home. I was hurt, lost, confused filled with anger, and as big as the world is, I was alone in it. So much pain, grief, and anger consumed my heart, all which dictated my decisions, my actions, and my life.

I became acquainted with a substance of calm, we shared a common interest, she had this amazing ability of suppressing my anger and pains, and she carried the weight of all my problems and issues. She became the love of my life, my very best friend, and the sound of her name gave me chills and made me smile. I loved her because she understood me, she listened to me, she was there for me, she knew me better than anyone, she always helped me see that it was everybody else fought and not mine, and she never once judged me.

I eventually learned that she had been lying and deceiving me the whole time. I mean for years, and as much as I loved her, I knew I had to let her go. I was devastated and sad about our split, but it was a necessary decision. I found that I really didn't need her in my life and I learned so much about myself with her not being around. When I was with her I couldn't revel my true self. I had to lie all the time, because she kept me isolated from everyone, always wanting me to herself.

I had completely detached myself from her. She, of course, manipulative as she is, cried out to me the more my awareness grew the more I began to change. But, I kept moving forward, because I was determined to live my life without her in it. I became willing to let go of other things as well, such as bad behavior, bad habits, my negative attitude and ways, some family and friends who were bad or negative influences in my life, and I admitted I was powerless over her, that my life was unmanageable, that I lived a life of selfishness, self destruction, and that my life was out of control.

I take each day one at a time, yet each day I struggle. Although my desires for her are under arrest, she is a disease with no cure. She lie-in-wait, for the right moment of vulnerability, catering to my fears, pains, anger, and wants. She is cunning, baffling, and powerful. She has a way of convincing me that I only need her, that she and I belong together. But, I recognized her savvy seduction, knowing that her only desire is keeping me isolated and under her will.

I have come to believe that a power greater than myself could restore me to sanity and I made a decision to turn my will and life over to the care of God, because he has my best interest at heart. I pray every day, more on those days I struggle the most, asking God only for knowledge of his will and the power to carry that out. This newly found strength gives me the courage to get through each day without thinking of her.

Every night before going to sleep, I pray and reflect on my day, then I smile, knowing I did not run into her. She was once the love of my life, my very best friend, and she no longer has her grip on me. As much as I loved her, she means me no good. I must keep my distance from her because I know she can destroy my life. I forgive her because she knows nothing else. I forgive myself because I hurt others defending her. And I apologize to those I have harmed.

I accept full responsibility for my past actions and I hold myself completely accountable for all that, I've done and everything I do today. I cannot change those things that I've done or the

bad decisions I've made, but I have learned from those mistakes and I can or will do my best at cleaning up the messes I made and make amends to those people I have harmed.

Eleven years counting I have been without her, unburdened of her lustful thrust. As I move forward, stronger today than yesterday. I will be unafraid, my thoughts will be on my new way of life, my new associations, people who are positive, and so as long as I follow that and God's will for me, I have nothing to fear.