

Addendum to Linda Mulley's letter, written by Laura Mulley's birth father, Don Kent. Don is a recovered addict and now heads a recovery center in Maine.

**“When you introduce a mind altering substance (alcohol, marijuana, etc) into an addicted person the most dangerous aspect of this is how it alters one's perception of themselves as an addicted person and gives them the false belief that they are in control.** Everyone who becomes addicted always longs for the time when their use was pleasant, times were good and they were feeling that they were having fun and were in control. It's in our nature to push the limits as far as we can....we can't help it. Although being sober is good, it also can give you the false belief you are in control and can go back to when you started your use. Nothing could be further from the truth. **It starts with a beer here and joint there and no obvious negative consequences...these are all baby steps toward disaster.** One of the most important things I've learned in over 30 years of recovery is that it's important to remember who you are and how you got to where you are today and to be grateful for being released from the daily grip of addiction. It often requires a complete lifestyle change and reinventing yourself as a person which is a difficult and very painful process that takes months and years of effort. I feel blessed to be where I am now, but the cost to get here was/is overwhelming.

It is my eternal nightmare that Laura inherited this cursed disease from me and the role that this played in cutting her beautiful life short is a painful reality that haunts me daily. There isn't a day that goes by that I don't long for what I never had with her and wish for time we never had together. I spent years in therapy and self- help working through guilt, shame and self- loathing about who I was as an active addict and how I hurt those that I loved, I never dreamed the disease would reach out again and take my only child 30+ years later. I hope she's at peace and we get another chance someday. I hope we can all find some kind of peace with this someday.”

