

Dear Gambling,

You have been part of my existence since I can remember. You were once part of my family. Yes, you had brought me joy, memories of family events. All of us together, vacationing, celebrating and many summers together.

Gambling, I must say goodbye NOW... As many of our family members have passed so have you. Our last few years together have caused me so much grief. You changed on me. You took me for granted and brought me places I never need or want to go again. Without you in my life for the last few months I have felt a real sense of ease and peace. The feelings are new to me and I have to say are what I want today. What I deserve!

I've realized that you held me back so I couldn't have all the good things in life that I deserved.

Yes I may mourn my loss of you like I have had to do with so many others. But, I must be honest and say your loss will be a sense of relief because while you were alive, I was dying. And I'm glad that you died and didn't take me with you.

So Goodbye! I know that I am strong. I have support from so many that only have good intentions for me. Yes, they will support me through this time and show me that I deserve to be happy and give me a chance to experience that. Because, without you in my life, I will have all the good things I deserve.

Goodbye.

G.G.