

Amanda Van Valkenburgh

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Escape

I have struggled with addiction for most of my life. If not my own then those around me. I have often found escape in the substances I would abuse.

Escape from my past, the hurt pain and confusion. But also from the future, the expectation responsibility and independence. I was afraid of failure.

So I would try to escape any thought in general. Everyone had so many worries in life but I had only one. In my quest to escape I actually became trapped. I thought I was free but was in truth a slave. I am proud to say now that I am free and have been for 5 yrs. though I am in prison physically, mental I am soaring.