



It makes me sad you're no longer sober
a zine reflecting on time, sobriety,
and changes

when i met you in 2016 you were sober. you were so confident in your sobriety. it was an option, it just wasn't the only option, it just didn't seem like the only option. i was sober too, and it was a wave of relief. the less thing to worry about.

you broke sobriety in 2020. maybe it was january. you were away. our third time around. maybe fourth time around. another chance. but i was hidden this time, you told me you broke sobriety twice. on the other side of the world. you told me later. i said the wrong thing.

remember how sober you were when i still had a long way to go. when i smoked weed for my pain. how angry you were how alcohol and drugs ruined your life. your family. and you should be. it did. the best decision i ever made was to cut alcohol out of my life.

a number of times you shared your fears. and i shared mine. it is surreal to see how time changes everything. your sobriety used to be so important to you. what the fuck happened, when did this happen. why. i know why. you know why we all know why it hurts my heart. i hope you are okay. i know how important your sobriety was to you. and i grieve for the loss of this in your life. i hope you are okay. i hope the people in your life are

you broke sobriety in 2000, maybe it was January, you were away, our third time around, maybe fourth time around, another chance, but was hidden this time, you told me you broke sobriety twice on the other side of the world, you told me later, I said the

i should have been more supportive. i shouldn't have been so scared. but you seemed like you wanted this new path. & this scared me. i shouldn't have been so mean. so scared.

i flew across the world
for you. two months
later you left me. i
wanted you to decide,
and you did.

remember how scared I was when I did that. I still remember how angry you were when I smoked weed for my pain, how angry you were how alcohol and drugs ruined your life, your family, and you should be. It did. the best decision i ever made was to cut alcohol out of my life.

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you hated AA, you hated the buddhist one we went to, remember when you threw that in my face? i only went becasue you wanted to, your sobriety was not strong, it was important but not strong. i see that now, the fear the hate, the inability to get to the 'root', now it all makes sense, and maybe that is why it was so easy to give away.

give away.
GOD GRANT ME THE SERENITY TO
VALUING SOMETHING SOMETHING
ON VALUING SOMETHING SOMETHING

to have to smoke weed for my chronic pain from CRPS (ironically i went into remission when we broke up, you broke me and healed me at the same time), you hated this, you shamed me, you made me feel like garbage for needing relief from the pain that overtook me, was it envy? envy that i could escape but you had to maintain, your sobriety was stronger than your demons, or at least i thought, but fast forward four years and your demons have one, i worry about you, i worry for the people around you, your demons are mean, your demons are mean when you're sober, i can't imagine them fueled by the toxicity of alcohol and drugs.

but the narcissist in you + the fuel
of alcohol and drugs is a bad
combo. i hope you don't hurt
anyone, but you will. you hurt
everyone, you hurt and so u hurt
others

others
u hurt me and i'm quick to drop me. so quick to leave me
yet i still worry about u. in a global pandemic nonetheless. i
about u. i worry about u. i worry about u. i worry about u.
about your kids. i worry. i worry. i worry.

do. i envy her. i don't think i do, but i
 am not sure. i envy that you accept
 her, but do you, a narcissist doesn't
 really accept anyone as they are.
 they're always looking for ways to
 manipulate people to be the person

for all I know it's the same old shit, but i see her with her crop tops and bra showing, short shorts, booze in hand, it's the opposite of everything i was allowed to do or be, everything was controlled and monitored, maybe the booze helps with that.

maybe the booze helps with the anxiety you feel. Why sit with it when you can suppress it with budweiser and buy a car. I would rather manipulate others than to be manipulated. I would rather be a bitch than be a

the way you let her be herself & yet i was always held to impossible standards, but who knows the internet does not tell truth

[illegible]

San Jose,

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maybe the booze helps with that, but they want them to be happy with the anxiety you feel when you sit with it when you can suppress it with budwaiser and a shitty tap beer, im sure you see the men leer when they see you

but I would rather manipulate others than to let them manipulate me. I will be that way, you'll make it that way, and I'm very good at it, but the way you let her be herself & yet i was always held to impossible standards, but who knows the internet does not tell truth