

Hope For The Future

**It is my firm belief that my life is better today because of,
not in spite of, what I've been through.**

**Addiction has been my greatest teacher,
defeated in my attempts to be someone I wasn't.
I was able to learn, love, and accept myself for who I am.**

**By letting go of my grip on the past,
I have become free to embrace the future.**

**The disease of addiction that was once my escape hatch out of reality,
proved to be my port of entry to the world.**

**I have uncovered hope for the future,
because I have recovered from the traumas of the past.**

By: Chad Aanerud