

I AM YOUR DISEASE

I hate meetings, I hate a Higher Power.

I hate anyone who has a program.

To all that come in contact with me, I wish you suffering.

Allow me to introduce myself to you.

I am the disease of compulsive overeating.

CUNNING, BAFFLING, POWERFUL & PATIENT

That's me.

I have killed millions and I am pleased.

I love to catch you with the element of surprise.

I love pretending I am your friend and lover.

I have given you comfort, haven't I?

Wasn't I there when you were lonely?

When you wanted to die didn't you call me, I was there.

I love to make you cry and I love to make you hurt.

Better yet, I love to make you so numb that you can neither hurt nor cry.

You can't feel anything at all... This is true glory.

I'll give you instant gratification and all I ask of you, is long term suffering.

I have been there for you always.

When things were going right in your life, you invited me.

You said you didn't deserve these good things -

and I was the only one who would agree with you.

Together we are able to destroy all good things in your life.

People do not take me seriously.

They take heart attacks, strokes and diabetes seriously.

More than you hate me, I hate all of you with a twelve step program.

Your program, meetings, and Higher Power all weaken me

and I cannot function in the manner I am accustomed to.

Now I must lie here quietly,

You don't see me but I am there,

growing bigger than ever.

When you only exist I may live

and when you live I may only exist.

But I am here and until we meet again ...

If we meet again,

I wish you death and suffering.

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