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## The Ramblings of an Addict

by Katy Wise

I am addicted to life, or perhaps more accurately youth.

I revel in the freedom it give me and the leverage I can manipulate with it.

With every passing year and approaching Birthday my heart blackens as I leave the best of life behind me and hurtle at an unstoppable pace into a generation I neither desire nor am prepared for.

In fact I am so addicted to life I obsess over it, question it, fight it, I am paranoid I am getting it wrong and Am in constant competition with those around me. And I believe now I am no longer winning. Life has got on top of me, it consumes me. I can't get enough of it and yet it terrifies me.

I watch age go by and I resent it.

The highs in life are ecstatic but the come downs are almost to much to bare, and there is no escaping it no matter where you run or where you wander life is right there, a shadow at your side holding you up or pulling you down. But with ageing I find the pull getting stronger and I sometimes wonder if the addiction is to strong, and there is only one way out of life...

For that is the problem with life, your are injected into it with no screening process, no preparation, no choice on where you start and you are expected to accept that every choice leads to where you finish.

But what if you choose wrong?

You have but one shot at life and as each year passes quicker and more lonely, every decision becomes more crucial and regrets start to rack up...

Would things have been different if I told you I loved you? After all I never meant to leave you, should I have chosen to speak when I kept quiet, instead relying on life and it's grand plan to lay the way?

That's the problem with addiction, it over takes you, becomes you, you expect it to ask the questions and deliver the answers.

You relinquish all power to it; as I have done to life.

And now I am in a bubble, invisible as the world turns around me. But there is another way out other than darkness.

We need to push through the barriers, intertwine our life with others, except help, and be honest with ourselves. Stand up to our addiction and take back our lives!

The key to happiness is realising we are never truly in control, but it is finding the strength to relinquish that control and live harmonious alongside our addiction that is the challenge.

But after all nothing in life worth having came easy, and there are worst things to be addicted to than life.