

## 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.*

G-13