Dear Diary,

I finally reached out for help:

My message to Claudia and Yeng:

“Okay, I think this message has been a long time running (like about a year running now). My family has a pretty bad history of addiction, especially in terms of drugs and alcohol, and both of you have obviously caught on to the fact that I frequently am trying to quit smoking weed. The first time I tried to do this was about a year ago during polo season. I think I’ve unsuccessfully tried to stop smoking at least a dozen or more times since then… This past month has been terrible. I keep trying to stop and it just keeps coming back into my life and bringing really terrible habits and thoughts with it. I’ve never felt more unhealthy or out of control over myself or my life before.. I’m not using weed for any of its benefits - I’m using it to numb myself completely and constantly. I literally smoke from the moment I wake up until I go to sleep on most days. I really really need help getting past this, I don’t trust myself to do this alone anymore and I’ve been lying to both of you about how bad it really is.”

Claud’s response:

“First off, I think you’re being incredibly strong and brave by opening up about this with us. I know how hard it is for you to allow people to help you sometimes and regardless of all this I still believe you are the strongest, most independent, and most capable human being I know. I think the first step from here is finding a way to keep you in an environment where you are not getting exposed to weed that way you can create that separation and start to face all these things that you are trying to numb. Whether it be spending the night at my place or at yeng’s or us spending our free time around you helping you keep yourself accountable. This is something you most definitely do not have to do alone and if you feel after sometime that our help is not sufficient then we can figure out other options from there. I think at the moment you have to forgive yourself for what has happened and truly believe that you are capable of facing this obstacle. I love you more than any friend I have ever had and I will do everything in my power to make sure you get to the end of this feeling like you have overcome what you needed to over come.”

Yeng’s response:

“At the start of the quarter, you told me that you were done doing drugs and that you wanted to turn your life around. You spoke about this with so much conviction; like you were trying to leave the bad influences in your life and start anew. I knew that the road ahead of us was never going to be easy, and I am so thankful that you’ve decided to let both Claudia and I help you in this journey.

I want to remind you of how productive and brilliant you’ve been in the last couple of weeks. You’ve really accomplished all the goals you’ve set out to do, and set such a high level of quality in the work youve produced. You have such an amazing depth of talent in you, combined with insatiable curiosity of the things around you and knowledge of the things that you care about. This is not just a version of you Jessie, nor is it an aspiration of you to be; this is very much who you are without drugs.

We need to set you up in the proper environment where you are surrounded by good people with good intentions. Claudia and I can take turns to make sure that you don’t succumb to your addiction, and also find ways to help with the withdrawals. Please don’t feel that any of this is something you have to do alone; we are here for you and always, from the start to the end.

I can’t begin to imagine what you are going through right now, and the amount of courage it took to share with us your problem. We love you Jessie, and we’ll make sure that the story of your drugs becomes the story of none.”

I’m ready to stop holding myself back. The time has come to move forward.