

You are a draining presence that feeds on my vulnerability. You stole my childhood and poisoned my thinking. All my morals you sucked away and replaced them with darkness. All my life you've been around, hovering, and waiting to feed on my pain. You're deceptive promises and false security you gave me was a lie.

I HATE YOU, YOU'VE STOLEN MY LIFE!!

Even as a child you smothered my Mum, I was left without a maternal figure to guide and protect me through life.

The stench you leave for all to remember, you stain and poison everything good in life. My heart split in two, you used the knife with no remorse or guilt. The ever looming cloud that looms above, that is You. You're sly and false, and you don't want me dead.

My daughter you are trying to affect now, you're not content until you've destroyed everything.

You are Darkness, Pain, and a Terminator of Lives. Your sole purpose is to cause pain – you feed on that!

Violence pain and suffering you B*****D, that's all I've had because of you. All my life you've stalked me like a poltergeist – at least they can be exorcised!!

My first time of tasting you, you seduced my soul, like an anaesthetic you numbed my pain. You were my voice, my thinking and my Companion – it was just you and me against the world.

At first I felt blanketed by you, warm and calming.....

.....but then you turned...

.....in one foul swoop, you tipped my soul out and froze my heart until it could barely beat. You took me to hospitals, police cells and dangerous places. I can see you watching me and sneering, seeing me suffer.

You contaminated my family, not happy that you now had me in your grip; you wanted to pull my Mum back into your lair.

It ends now you B*****D! I HATE YOU WITH EVERY FIBRE OF MY BELIEF, F*** OFF OUT OF MY LIFE AND MY FAMILYS TOO.

I don't want you, need you, or crave you.

There is nothing left to say – only P*** off!!