

My Rollercoaster Life

MY LIFE UP UNTIL I WAS 8 WAS
JUST LOVELY,
full of happiness, full of joy.
just a normal life really
Then things went wrong.

Dad left.
I was on my own with Mum.
My life began as a rollercoaster
Mum got *her addiction*

Mum got *her addiction*
It got out of control
Mum left
Dad came back to look after me

This time aged 9
Mum went away.
I hoped she had gone to rehab but
she had gone to jail.

I realised something was different
with my family by going to my
friends.
Most had 2 parents.
All had their Mum.
I felt I was missing something big
I never gave up hope
Then Mum came out
We all tried so hard to put the past
behind us and looked forward to the
future
Then things started to go wrong.
Mum and *her addiction*.

This time aged 10 ½
Mum went away.
I hoped she had gone to rehab but
she had gone to jail
I hoped this time would be the last.
That she would realise how much I
loved and needed her

Then Mum came out
We all tried so hard to put the past
behind us and looked forward to the
future
Then things started to go wrong
Mum and *her addiction*

Again she let me down
She even stole my television to feed
her addiction
The only big thing she ever bought
me
But I forgive her!

This time aged 12
Mum went away
She had gone to jail but I wished she
had gone to rehab

I never realised how hard it was for
my Dad
Trying so hard to be both parents to
a daughter growing up
I had attitude
I used bad language
I told him often I hated him but -
really I loved him so much!
I was confused
Things were tough
But my Dad was great!
I couldn't have asked for a better Dad
He helped me write to Mum

He reminded me Mum loved me

He reminded me not to judge her for
taking the wrong road in life -as it
could happen to anyone!
So I blamed *the addiction* not my Mum

Then Mum came out
We all tried so hard to put the past
behind us
Then things started to go wrong.
Mum and *her addiction*.

This time aged 15
Mum went away.
She had gone to jail but I wished she
had gone to rehab.

Being a teenager is hard
I really needed my Mum –
To talk to about the girly things
happening to me
I felt like part of me was missing that
I didn't understand
I worried when mum was in jail
about how she was coping
When she was out
I worried about how long she could
stay out because of *her addiction*
I learnt how to just worry
I felt lost
Then I met a boy

I got loved up, was so happy!
I left home to be with him
I really hurt my Dad
But things felt good
Then my boyfriend messed up.

He went to jail.
But I stayed strong, stayed working,
stayed positive
Waiting for him to come out

Mum came out first
This time was different!
Dad was abroad
My man was in jail
Mum was there - it was fun for a while
Mum had money
We shopped and had fun
Now addiction with money.

Things went out of control
I tried drugs myself
At first it made things different
It felt really good
Then things were a pain.
Drugs were taking control
It had to stop!
It was really hard
But
I
Found
Strength
to kick it.

Then things started to go wrong
Mum and *her addiction*.

This time aged 18
Mum went away.
She had gone to jail but I wished she
had gone to rehab.
Mum and *her addiction*.

My man came back
For a while things were good
I loved him so much.
I tried to support him in all that he did
Where he went I went
But life at the bottom is hard
My relationship was strained
I felt so unhappy but
I was sure no one else would want
me

My life was rock bottom
I was manic
I was depressed
NO where to live
NO where to go
I realised I had to change and
decided to get some support
I was referred to a special lady called
Jane who gave me support.

She helped me to talk
She helped me think
I got my life back on track
I did some group work and got some
AQA's.
She helped me sort through my
problems.
I started to feel good about myself
I took control of my life
I took control of my relationships
I found a place to live
I found a job
Independence at last!!!

Only thing still worrying me was my
Mum coming out.
Then Mum came out.

This time I think things are different.
This is the longest that I have known
her stay positive
This is the longest that I have known
her to stay clean
At last she is controlling the
addiction
Not it controlling her.
I often ask myself, why now I am
grown up?
Why not when I was younger and
needed her more?
Oh! Well it is better late than never
At least she is still alive
I am still so proud of her for what she
has done!

I no longer worry about her
For she has to look out for herself
I learnt that from my worker - that
helped me a lot
So now I try harder to care about me!
I know deep inside that I will never go
back
to being the person who met Jane
Even when things do go wrong

At least my rollercoaster life is over

FOR NOW!!