

Who Cares?

We don't know
how to handle it.
We just know how to hide it
so other people
don't get a sniff of it.
They don't want to know
anyway. Most people
just want to brush it under the carpet,
forget about it.

It's taboo.

But when you need someone
Who is there?
When you can't handle
the umpteen crises
which crop up.
Situations when you feel
very very small,
very ashamed
and afraid.

You need someone
who knows
Addiction
drops

like a

wrecking ball

hurtling left and right,
 it spins and swipes
 collides and bruises

keels you,

 flat out

damages.

The look and smell of it
pollutes the atmosphere,
and then the twins
of shame and blame
lay their dusty blankets
over everything,

clogging throats
and suffocating speech.

And those you thought you knew
you don't now,
because Addiction
has its gloves on, punching.

Outside, there's no one to really hear, if you only could
express the hollowing
happening Inside.

No help
without judgement.
No recommended strategies for coping
or buffers to protect the family.
No NHS clinics or leaflets.
No government initiatives.
No policy for holding
families like ours.

Families like ours
know deeply
how this feels.
Our challenge is to
throw off
those dusty blankets
of blame and shame.
Support each other to tell our stories,
the shocking facts
of our experience,
Reveal our knowledge,
become proud
of surviving,
of being
Experts in Addiction.