Why I'm Stopping

> *"How long, then, will you delay to demand of yourself the noblest improvements, and in no instance to transgress the judgments of reason?"*
>
> Epictetus, Enchiridion 51 (tr. Higginson)

Be specific and honest. "My health" is a start; "I want to stop waking at 4am with my heart racing" is a reason. Then write to the version of you who will be standing at the shop door. Be kind, and be direct.

What drinking has been costing me

Health, sleep, money, work, people, self-respect.

What I want back, or want to build

The moment I knew something had to change

A letter to me, on a hard night

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