



Let the Junkie Die

Dan Workman, 2016

- Heroin addicts are the worst people on earth.
- Black people steal.
- Mexicans are lazy.
- Muslims are all terrorists.
- Women and Asians are bad drivers.

Are you getting angry yet? Because I'm angry.

I'm freaking livid.

I just read about a guy in Middletown, OH who was filmed jeered at while overdosing and his mother screamed for help.

A few days ago, a fellow recovering warrior posted a warning to active addicts because laced heroin is creating record high numbers of overdoses.

"Who cares?" people said, "let them kill themselves... it's population control."

My daughters care. My parents care. My family and friends and even my ex-wife... they all still care.

Because it is a LIFE. Sometimes my own life was a much higher priority to those around me than it was to me. However, that was never the case more than when I was living the hell of active heroin addiction.

Get told you're a worthless piece of shit long enough... you start to believe it.

I would love to believe that the majority of overdose deaths are accidental... but I don't. I've witnessed suicidal tendencies in every single active addict I've met. "Normal" people don't understand that the



turmoil inside an addict's mind is far more horrifying than any jail cell. They don't realize that there is not a hateful thing they could say that the addict isn't already saying to themselves.

Look, I can play devil's advocate on this one. I realize that nobody FORCED a needle into their vein. I realize that unforgivable atrocities have been committed in pursuit of drugs. I understand that maybe your child was caught in the crossfire of a drug related shooting or your husband died of a heart attack while waiting for paramedics who were busy attending to "some worthless junkie" whose emergency was self-inflicted.

However, to spew hate and perpetuate stereotypes is furthering the stigma and exacerbating the big issue.

"Addiction always begins and ends with emotional pain."

Today, I'm not crying out to addicts to quit your drugs. You know you need to quit to survive. I'm pleading with you to QUIT PUNISHING YOURSELF.

Addiction brings out the worst in us. But recovering addicts are some of the strongest and loving people I've ever encountered.

If you are breathing, you can still win. You might never be "out the woods" completely, but you can lend strength when you have it and reach for it when you don't.

You are not alone.

There is hope.

You ARE worth it.