Twitter Thread by Grace Fogarty



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https://t.co/fhVL1fjDhC

Thank you Victor for this gift.

Nothing punitive or carceral, nor punishment related, nor negativity related should ever be tied to healing, recovery, rebuilding one's life or anything that makes a person feel worse about himself, herself, or themself. We know enough now to understand that punishment, loss

and/or reminders of past traumas and/or losses have no business and play nothing but a negative role, in rebuilding self-esteem, self-worth, self-love, community and the meaningful things we all need to create lives for ourselves that we feel are worth living. Especially in

exceedingly early ‘sobriety’, ‘abstinence’ and/or the traditional deprivations of one’s substance(s) of choice when people have had their only coping mechanism ripped away from them, under the ancient and provenly ineffective current model of ‘recovery’.

The author @johannhari101 , wrote the book ‘Chasing the Scream The First and Last Days of the War on Drugs’ said in his now famous Ted talk ‘Everything You Think You Know About Addiction is Wrong’:

“For 100 years now we've been singing war songs about addicts, when all along we should have been singing love songs to them. Because the opposite of addiction is not sobriety. The opposite of addiction is connection.”

While 12 Step ideology works for many, I was harmed significantly by the church & the Judeo-Christian values of attending 5-6 meetings a week for 3 years - just so I could prove to myself & be able to testify in circumstances like this, it felt duplicitous & CONTINUED HURTING ME

People have successfully sued their state governments AND WON when forced to go to 12 step meetings on the basis that it violated their religious freedoms. It has likely has not happened on a larger scale because of socioeconomic disparities and the cost of

efficacious legal representation. The author of this piece should be commended 4 saying out loud what so many of us feel but whisper in secret out of fear that we will be ostracized, criticized & judged right out of the program 4 daring to criticize the Holy Father himself Bill W

He was mortal, cheated on his wife, and experimented with LSD later in life as he went through great bouts of depression. I AM NOT JUDGING HIM FOR THIS. Simply pointing out hypocrisies that many die-hard 12 steppers are not even aware of.

@Transition46 you could not be MORE wrong if this is your plan. WHEN WILL YOU LEARN? Punishment ≠Healing and don't get me started on expanding involuntary commitment measures - the research has been in forever & IT DOES NOT WORK.

It exists for everyone EXCEPT the people victimized by it. I was 23 when my father died and within less than 1 year had been involuntarily committed by a family who chose their deeply flawed morality over loving me despite my use of alcohol, multiple times,

was given antipsychotic medication that caused me to gain 75 + lbs in a matter of months and less than one year after my father died, I was deemed 'treatment-resistant' by psychiatrists b/c antidepressants didn't work and told electroshock was my last hope. MY LAST HOPE?!?

All because nobody tried love first.

I went through a lot of trauma as a child and adult and while far from perfect I am fighting these messages despite what I've been through. You see 'tough love' is neither. B/c what's tough is the love given despite witnessing the suffering a person is experiencing.

YOU CANNOT FORCE A PERSON TO HEAL. @MassGovernor are you listening because I understand you're going to build a so-called trauma-informed prison for women for $50,000,000 in MA by 2024. You might as well try to light a match submerged beneath the surface of the Charles River.

We don't listen to scientists about climate change, we don't listen to sociologists and Harm Reduction MDs re: addiction, we don't listen to people w/lived experience who DO possess the capacity to speak eloquently about their lives. We listen to centrists & lobbyists & polls

& billionaires & those with political, financial, cultural, & social capital. We heal in relationships. We heal when we are truly & non-judgementally heard & given the opportunity to be our authentic selves. & define ourselves as a person first, born with the same rights, each 1.

"For love is but the heart's immortal thirst to be truly known and all forgiven."
- Henry Van Dyke

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