

Dear Tony,

I hope you had a nice birthday. I'm sure you didn't give me a second thought. I of course thought about you but then you have the luxury of knowing why you're not speaking to me and why you did what you did to me. That allows you closure. I don't have that luxury and it appears I won't be getting that from you.

I came to some personal awakenings with regards to you and I and what transpired between us both during and after you left. To say what happened between us was impactful would be an understatement. One of the biggest shifts for me was in how I relate to myself with regards how you have been with me. I've felt disconnected from myself, hollow, and spent or used up. You said it yourself that afternoon in Huntington Beach when I asked you why you decided you wanted to continue our relationship and one of the things you said was, "I really didn't give us a fair chance and I didn't treat you very well, not well at all" (August 13th Huntington Beach). And I agree with you.

The thing that came forward for me was how much I diminished myself and I would make myself smaller around you mentally, emotionally and spiritually when you were here this last time. Maybe it was a defense to shield myself from the lies. Maybe it was because I was afraid you would feel less than or feel diminished in some way if I was my full self. It was probably a combination of those and a many other things. I had a lot of feelings come up as a result of that conversation and the way you chose to handle me after that day. Anger, confusion, heartbreak, worry, and deeply hurt to name just a few. I became aware that these events trigger a withdrawal or a retreat into myself. I was withdrawn, depressed and becoming but a shadow of my former self.

I realized these events and many other things that you did were changing me and not for the better. One thing I know for sure, regardless of what you say or think of me, is this: I am a good person. I am a nice person. I am a loving person. In everything I do and with every decision I make I ask myself what is my intention for doing or saying whatever it is I'm about to say or do. Basically what do I expect the outcome to be, does that intention bring light, value, love or critical information in service to the highest good for all those concerned. It's a way of keeping myself in check and checking in with my Self, to make sure I'm acting from a place of spirit/good/love/god, however you define it, vs from a place of my Ego/fear/hurt etc.

Now, I'm far from perfect and I am human so I'm not always successful in my efforts but it's something I continually practice and strive for everyday. I also know I'm a generous person. I do what I can to help people and in your case I know I did more than I've ever done for anyone to try and help you in whatever way I could. And I did everything that I did for you in spite of the horrible and disrespectful ways you sometimes treated me. I did them in spite of the fact that I suspected you were doing

things behind my back and that your agenda or reasons for being here were not anything like what you told me or represented to me.

The awakening/realization I had was that I can't allow your actions and behaviors toward me, both then and now, to change who I am. The drugs you took and the way that you chose to administer one of those drugs in particular caused a noticeable shift in your personality, warped your perceptions of reality and removed inhibitions that otherwise might have made you think twice before doing some of the things you did and before saying some of the things you said to me. From a clinical perspective you were clearly ill and not yourself.

I realized that much of what you did and said had very little to do with me and was more a projection of your own inner turmoil and unresolved issues. I am still at a loss as to why you won't speak to me. I'm clear I never intentionally did or said anything to cause you to react the ways in which you have and I certainly deserve better, especially from you. You obviously called me at least two times that I know of, once in late December and once in Mid-January, so one can only assume that on at least those two occasions you were prepared to talk to me.

What upsets me is the position you have taken with me, without reason or explanation, and your compulsive pathological lying. But, as someone reminded me, that's what addicts do. They lie, justify, and manipulate with no regard for the damage or pain they inflict. That by no means excuses anything that you did or said but it keeps me out of judgment and is a testament to how truly fucked up you were.

If I were this evil awful person that you seem to have characterized me as in your narrative I would think that kind of person could and would have unleashed some mean spirited retaliation against you.

Personally I think much of what you say about me are projections derived from things you have done and said to me and based on what you would do if someone treated you the way you have treated me. I mean think about it. I've known where you were or have lived at various points during the past 9 months and could easily have caused drama for you. Particularly with your various slips. But I didn't.

You've worked for Disney for a while now. You must know, and probably have witnessed, how incredibly easy it is to get fired from Disney. If you point the wrong way and don't use two fingers, or tell a guest "I don't know" to a question they pose, break character, hit on a guest etc. etc You're gone. To get moved or promoted at Disney you pretty much have to maintain a spotless record. You can't have a single occurrence in your employee file. Where am I going with that

I worked at Disneyland. I know more than most about their operations, how they do things, and what they expect from a Cast Member. I'm also a shareholder, have real estate interest in one of their hotels in Florida, I've been on 8 Disney cruises, I've been to their theme parks and stayed in their hotels I don't even know how many times and spent an obscene amount of money with them. I even still have a few connections there. If I were this monster you have created do you think you would still be there? If I were that person, and I am not, believe me you would no longer be a cast member.

I wouldn't do something that underhanded to you, even though I would be completely justified in doing so after the mean spirited and shady things you did to me while we were together and since you left. The reasons why you did those things still escapes me. As I told you, I do intend to hold you accountable to your word and to some of the promises that you made to me. Over the next few months somethings are going to go down that will probably piss you off or at a minimum unhinge your world. And pretty much guarantee you won't be able to forget me for at least for the next 10 to 30 years.

When things do go down, remember you brought this on yourself. You made this choice. You had the opportunity, and still do but not for too much longer, to stop it and make it all go away, by simply having a face to face honest mature conversation with me. If not, then it might just end up being one of the most expensive and annoying decisions you ever make.

Oh and on a side note, I'm no longer going to alter my life and the things I've enjoyed doing my entire life out of concern for you or that it might upset you. I've already sacrificed too much of myself and given you too much with very little in return for my effort ... not even so much as a thank you.

What I'm about to say is not meant to 'rub it in your face' or to make you angry. It's a statement of fact and could have been a very real outcome. It's also an one example of the many times I was there for you and how I so didn't deserve to be treated this way by you.... Lest you forget, had I not stepped up and been there for you when YOU ASKED ME to help you last year, you might still be homeless living on the streets of St Louis or worse.

I love you Tony but I won't be another one of your victims. We had our issues, ever couple does, but I was always good to you, supported you and loved you. If you're honest with yourself I don't think you would be able to make the same statement. You can continue to pretend, put up false personas and do as you have always done run from your past. OR can chose alter your course. Chose a different path and be the person I know deep down inside you aspire to be. You have an opportunity to be honest and accountable for you actions. To demonstrate that you truly intend to be a

better man. A man with the capacity to admit to his mistakes and own them. A man who doesn't deny or hide from his past but acknowledges it, atones for it and is able to practice compassionate Self forgiveness with himself. Why forgive yourself? Because you are your biggest critic are you not? The most loving thing you can do is forgive yourself for judging yourself.

It's your choice.

Michael