

Dear Tony,

Well ,I think we can officially put to rest the idea that you have been sober for any prolonged period of time over the past 8 months. You are now posting on gay social media ,for anyone to see, that you drink and party and play. If we need further supporting evidence, aside from the fact that you've publicly admitted it, we need only go back a few weeks when your partying took you to LA, HB, Westminster, I think a Best Western and several other colorful locations over the span of a 5 day period. A period where hardly an hour went by that you weren't on a gay hook up site.

Why did you pick up again? Or have you been in one of those cycles where you binge then get dry/sober for a bit and then binge, then dry out etc. It's not as easy as you thought it would be is it.?

If you've picked up again, I guess it wouldn't be too much of a leap to assume you're no longer with the mouse? If you are by some miracle still with Disney I would encourage you to rethink posting on the internet that you party and play Regardless of whether you do or don't pnp just understand that you are putting your job at risk by posting that kind of information online. I was going to say you are putting your job at risk by using in general but you know that and I was using when I worked for them so ... and I was in Guest Relations giving tours of the park.

My point is most company's, particularly a company like Disney that markets to families and whose reputation and revenue primarily hinges on successfully attracting and entertaining mainstream middle America does not want its cast members strung out on drugs or jonesing for a fix. Doesn't really line up with the all American image they're trying to portray to their guests.

I honestly knew when you contacted me on Sept 7th that you probably would struggle to remain sober if you were even sober at that point. You exhibited very few of the characteristics of someone in early recovery who comprehends how lucky they are to be sober. You were far too cocky for someone with, what we/I know now know was, not even two weeks of sobriety. In true addict / Tony fashion you were clinging to scapegoats and blame games, pointing fingers in every direction for someone, something or anything to blame rather than focusing on your own short comings and issues. Rather than being humble and acknowledging all of the crap and lies you put me through you pulled the rug out from under me, and proceeded in on a passive aggressive dialogue of lies and blaming me for your using. Not the kind of conversation one expects from someone who claims to love you and says he wants you to get well.

I was hurt but not entirely surprised...Be that as it may You had the right idea about removing certain triggers in your life. You just picked one's that we're a bit superficial and not really triggers in the truest sense. More to impress and put on a show for the program folk was the primary intent I suspect. The big bad ex who controlled you has been the undertone from what I've been told. You know like that story about asserts you told Christian that was completely fabricated? The one where you told him I controlled all of our assets? So I can just image the tail you weaved for the program folk. Of course, you and I know that the idea that I was controlling you is so far from the truth it isn't even funny. No one controls you Tony and if anything you were trying to manipulate and control me because you knew you could and because you knew I loved you. The sooner you stop making things up and stop worrying about trying to impress other people with how together you are the sooner you'll find happiness.

For instance, you removed from your life out of spite and because you're a coward. Bottom line you lacked the integrity and the courage to face me. Not because I am a "trigger". What I was for you was a convenient scapegoat, a deflection and someone for you to blame your problems and issues on and someone to direct your inner rage toward. All of which are misplaced and untrue and have only served to isolate you thus perpetuate and reinforce the negative scripts and self-talk in your head. Sobriety is simple but it's incredibly difficult at times. So identifying your core triggers is critical to mitigating the potential for relapse.

As I've said before, the single biggest trigger for you by far is the internet.. You're obviously a pro at getting your drugs of choice online. The way you obtain what you want and need, requires the internet. Gay hook-up and dating sites In particular They also serve to feed another big cause of relapse which is being in your ego or having an over inflated sense of Self. Insecurity which often manifests itself as over confidence and its a fuel for our disease. Add that s to some of the things you experienced in adolescence and early adulthood and you have a powder keg of self destructive and self Abusive thoughts and behaviors to deal with.

The other dangerous thing the internet gives you is approval, validation, being desired. If you put **false** in front of each of those words that is actually what you're actually getting, false approval, false validation, false sense of being desired . All very shallow and superficial ways of trying to fill that empty void in our souls. You were wired emotionally at a very young age that the way to get what you want was through the use of your looks and specifically your body and your dick. I'm not being crass. You know it's true.

Thus one of the only ways you know how to achieve a feeling of being Okay or a sense of normalcy or that you have value or worth is by way of your physicality i.e. your body, face and penis. You learned at an inappropriately young age that to get something you want or need you can use your physicality/sex to gain the approval and affections of others. Thus something special that can happen between two people who love and care for one another became a commodity or transactional in nature for you. It is so ingrained in your way of being that I don't think you're fully conscious of it and it has become more subconscious and instinctual part of how you survive. A few times I picked up from you this sense that there is a tit for tat or accounting going on in your head. As you're aware or probably have realized to pull this off drugs are required to play them out and to numb the feelings of self-loathing, shame, worthlessness etc. that inevitably follows these behaviors.

The problems with all of this I think is obvious. The use of your body and sex to get what you need perpetuates and re-enforce those negative feelings and negative inner dialogues. It also prevents you from stepping into your authenticity and the truth of who you are. The truth is your value and worth is not defined by your physical attributes. Your worth as an individual is not defined by what you do in bed or how attractive or unattractive you are. You have value and purpose simply because you are here. To focus primarily on the physical shields you from your true self and sets you on a never ending loop of negative feelings leaving you with a sense of emptiness and no matter how much you do or achieve whether it be sex, good job, school, more sex it's never enough to fill in the void and the emptiness. And it certainly doesn't quiet the voices. At least not for very long.

You're not stupid and I think it must be painfully obvious to you that every good thing that comes into your life you eventually shit all over it and destroy it. Self sabotage would be a good way to describe it, wouldn't you agree? Whether it's jobs, school opportunities, living situations, relationships etc. It seems that when you are given a chance or create an opportunity for yourself every time you blow it.

Do you remember what you said to me, I think it was the first or second time you came over? I'm paraphrasing but basically you said "that I deserved better than you." You repeated that sentiment a few more times these past few years. And I think I said to you that you were probably right but then I went on to say why don't you step up and be a better man and strive to be that guy that you believe I deserve.

I think you probably have tried as hard as you could, did what you believed best and did what you thought was necessary at the time to live a life of sobriety. Your best efforts and thinking got you to where you are right now. You and you alone made all of

these choices since you left in July. You fed people half truths in an attempt to cast yourself in a better light knowing that what you were representing wasn't authentic and was not the truth. The real you, or the real anybody for that matter, is multidimensional, messy and full of contradictions and grey areas.

It's interesting, if you think about it, how you shut out and mistreated the one person in your life who saw through a lot of your BS, and nevertheless truly cared about you and loved you. That's what many of us do however push people away often the people who love us the most in the name of sobriety and a self-righteous notion that it's for the best. When in fact we simply gave our disease exactly what it wanted ... isolated with a false sense of security, keeping us in self-pity, our pity party, poor me pour me another drink.

If you strip away those emotional walls of anger, rage etc. and you look at who I am I was never a threat to your recovery. In fact very much the opposite and your disease knew it. You had a resource right in front of you with over a decade of experience in recovery and you never once asked me a question or for any feedback much less any help. You even said to me when I asked "Do you have any doubt at all that I love you or worry that I would cheat on you?" You immediately said "Not at all. I know that you love me and I don't think you would cheat on me". And yet you've ghosted me. If that isn't a great example of our crazy thinking and the crazy making of our disease I don't know what is. You knew that I loved and cared about you and that I would do pretty much anything I could for you but I was a threat to your using the way you wanted to use and your disease certainly didn't want someone around who would call you out when you started to slide off track. Nope, better that we make him the villain and the reason for the majority of your problems. Besides he's going to leave anyway, right? They always do. So, best that we leave first.

If you have indeed relapsed you're now surrounded by people who don't give a shit about you. You've been around enough and you're smart enough to know that it's true. Is this what you wanted? To come here and end up on the same path that you were on in St. Louis? A path that in a very short span of time led you to being homeless? A path that led you to chasing a high you won't every have again. A path that made you to emotional & spiritual bankruptcy, emaciated, under nourished, your overall health in rapid decline and facing certain death. A sane you or anyone really would say "of course not" but then this disease is not defeated or kept at bay by logic or smarts.

So, we're drawn back to the toxicity and the muck of that sick existence. Why? Because it validates and reflects back to us how we feel about ourselves deep down inside. The place deep inside that we don't let anyone see and say That I'm worthless and if they

really knew who I was they would never want to be near me much-less love me. It isn't true but we wrap it around us like it's a warm blanket or a familiar friend. You said it yourself I truly loved you and would have stood by you through almost anything and yet you shunned me and shut me out. So, when all is said and done the only winner in all of this is your disease.

I hope you find your way through this and that you come to realize how much you meant to me and that I only wanted you to succeed, to be happy and to be the best version of you that you could possibly be. I know you can do it. You have all the inner resources necessary to solve this and do what is necessary...to reach out for help, surrenderand find your way back to You. Amazing wonderful You. He's still there somewhere deep inside fighting for a chance.

And that is really how I know you're lost. The sober Tony I knew would have talked to me. The sober Tony I knew looked at his part in things, truly looked at them, took action and owned it. I realize I didn't know him for very long but it was long enough to know that he was someone worth knowing. Long enough to develop a deep sense of connection and devotion too. And long enough for him, you Tony, to take my breath away, to capture my heart and ... I loved him.

Michael