

To My Friends and Family,

Welcome to my belated Christmas greetings! I'm writing this letter on Dec. 26<sup>th</sup> but am going by the philosophy of "better late than never."

In April I moved to a new house, which happens to be downstairs in the duplex where I lived upstairs from 1997 through 2001. It's a three-bedroom house that I share with two roommates, John and Wes. My current address, phone, and email are:

2457 S Lincoln St  
Denver, CO 80210-5016  
303-870-4587  
chad.cloman@cloman.com

I continued taking classes at CU Denver this year, working on my graduate program in the social sciences. It was quite a struggle, and I found myself having significant problems with graduate-level classes in the liberal arts. Part of the problem was that I didn't have much background in the social sciences, and part was that I discovered I don't really enjoy or do well in liberal arts graduate-level work. Thus, I made the decision to switch schools and degree programs: I will be working on a second undergraduate degree in psychology at Metro State College Denver. I took an introductory psychology course last semester and enjoyed it. Also, since I already have an undergraduate degree, I don't have to take the general studies courses and will finish my second degree more quickly than my first. I'm not sure where this is leading, but I hope to eventually receive a doctorate in Psychology and work as a therapist.

I'm still working part-time at UPS as a package sorter. The job doesn't pay much, but the benefits are outstanding, and the physical activity helps keeps me in shape. We just made it through the peak season where I was able to work additional hours and pick up some extra cash for a trip to Daytona Beach in January. I'll be attending a recovery conference and hope to visit with family. Earlier this year I put in a letter of intent for a part-time management position with UPS. I was not selected for any of the open positions, and have decided to let my application expire at the end of this year. UPS is a good employer, and I'm considering applying for a full-time, non-management position sometime this summer. This would enable me to continue going to school without taking on additional student loans. Full-time positions are filled based upon seniority, but I'm getting to the point where I may have enough seniority to get one. We shall see what happens.

Recovery continues to be a major part of my life—in fact, it *is* my life, with everything else coming second. As I write this letter, I have 900 days of continuous sexual sobriety and am attending Sexaholics Anonymous 12-step meetings on a regular basis. Therapy has been effective, now that I'm sober (imagine that). I've resolved many of my anger issues. Additionally, I've learned quite a bit about myself through inner-child work, which has enabled me to handle life's situations in a more effective manner. Right now I'm exploring things (like school and work) on a trial-and-error basis to see what works and what doesn't. I learn as much from my failures as from my successes, and will eventually find out what fits for me. I'm also on a new medication, Zyprexa, which has helped significantly. Two days after I started, it was like a persistent "voice" in my head shut down, and things were much calmer mentally and emotionally—I no longer have to put as much effort and energy into handling my overactive brain circuitry. Unfortunately one of the side effects of Zyprexa is weight gain, and I've put on 25 pounds of the 50 that I lost.

With this letter I send you my best wishes for the year to come. I pray that God will give you abundant life in all its fullness, to include peace, prosperity, happiness, and health. May God bless you and keep you until we meet again.