

A Goodbye Letter

Write your goodbye letter in which you were to write a breakup letter to addiction of choice (DOC)

- Your relationship with addiction is almost like a relationship with a person... and when it becomes toxic, it is time to say goodbye.
- Just like a relationship with a person, you **need closure!** Writing a breakup letter can help you in this regard
- You can still participate in this activity even if you are not ready to say “goodbye” – it’s still important to practice and to introduce writing as a coping tool
- Writing can be cathartic because it allows you to release the intense thoughts and emotions that swirl inside you

The following are a few tips of what you can address/explore in your goodbye letter:

- Acknowledge how the DOC has severed you in the past
- Share how the relationship has harmed you and why the relationship must come to an end
- Acknowledge your feelings... anger, shame, guilt, fear, regret, etc.
- Explore how the DOC has lied to you and the power it has over you (i.e. “You made me think I can’t live without you”).
- Explore what life in recovery might look like (what life will look like when your relationship with your DOC ends).
- Explore how the addiction started and evolved/changed over time.
- Acknowledge the void that the DOC filled and what you will turn to in the future to cope.

A Goodbye Letter Worksheet Questions

1. How did you feel throughout this exercise?
2. Did you notice a theme in your letter?
3. How does your relationship with your DOC compare to your other relationships (past or present)?

4. What will you do with your letter?

5. Do you think writing can be an effective tool for you in the future? Why or why not?

6. What are some other steps you can take to find closure?