Goodbye Letter to Addiction

Write in your own words about what substance use has meant to you and what you want to change. You can keep this private, skip a prompt, or use extra paper.

If goodbye feels too final, try: "I am not sure what comes next, but I am concerned about..."

Name or initials (optional) _____ Date _____

1. Address the letter in your own way

Try "Dear alcohol," "Dear addiction," or "To the part of my life I want to change."

2. Name what you were looking for

"I often turned to you when I wanted..."

3. Describe the effect on your life

"What I notice now is... One change I want to make is..."

Choosing What Comes Next

Continue your letter with what matters to you now. A small, realistic intention is enough to write about.

4. State your intention

"Today, I want to move toward... When this feels difficult, I can ask... for support."

5. Name what you want to protect or rebuild

"I want to make more room for... My next realistic step is..."

6. Close in your own voice

"I am choosing... I do not need to have every answer today, but I can begin with..."

After writing

Pause and notice how you feel. Decide whether you want to share any part of the letter with someone you trust. If writing has stirred up difficult feelings or urges, reach out for support.

One person I can reach out to _____