

GOODBYE LETTER TO ADDICTION

Location: _____ Date: _____

Recipient Information:

Full Name: _____

Address: _____

Phone/Email: _____

Introduction:

This letter is my formal declaration of farewell to addiction. I acknowledge the impact it has had on my life, relationships, health, and wellbeing. With full awareness and commitment, I choose to leave behind the patterns that have hindered my growth and happiness.

Acknowledgment of Addiction:

I recognize that addiction is a chronic condition that affected my thoughts, choices, and behaviors in a detrimental way. I accept responsibility for seeking help, engaging in recovery processes, and maintaining accountability for my actions.

Commitment to Recovery and Sobriety:

I hereby commit to a path of recovery and sobriety, embracing all necessary steps and supports. I will actively pursue health, wellness, and positive changes to rebuild my life free from addiction's influence.

Support and Resources:

I will maintain connections with support groups, healthcare professionals, and trusted individuals committed to aiding my continued recovery. I understand that professional treatment, counseling, and peer support are integral components of sustained recovery.

Legal and Personal Affirmations:

I affirm that this letter constitutes a personal and legal declaration of my intent to cease addictive behaviors. I understand that recovery is a lifelong commitment and affirm my readiness to honor this responsibility under applicable United States law.

Acknowledgment of Consequences and Rights:

I acknowledge the potential consequences of relapse and commit to seeking immediate help should such an event occur. I retain the right to privacy and confidentiality in my recovery journey, consistent with legal protections.

Obligations Toward Family and Society:

I commit to restoring trust and relationships with family, friends, and community. I recognize my duty to contribute

positively to society and uphold lawful conduct.

Termination of Addictive Associations:

I will actively avoid environments, individuals, and situations that enable addictive behaviors, and will replace these with healthy influences supportive of my recovery.

Expression of Hope and Renewal:

I express hope, strength, and gratitude as I embark upon a renewed life. This letter is a testament to my courage, resilience, and determination to overcome addiction and reclaim my future.

Signatures:

SIGNER

Full Name:

Signature: _____

Date: _____

WITNESS

Full Name:

Signature: _____

Date: _____

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