Activity: Goodbye Letter

- Your client will participate in an activity in which they will write a goodbye/breakup letter to their addiction/drug of choice (DOC).

- Their relationship with addiction is almost like a relationship with a person... and when it becomes toxic, it is time to say goodbye.

  a. And just like in a relationship with a person, you need closure! Writing a breakup letter can help you in this regard.

  * Your client can still participate in this activity even if they 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 & emotions that swirl inside you.

- The following are some tips of what your client can address/explore in their goodbye letter:

  - Acknowledge how the DOC has served 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.

- Client(s) can use a template below. Worksheet with questions is included.
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- How did you feel throughout this exercise?

- Did you notice a theme in your letter?

- How does your relationship with your DOC compare to your other relationships (past or present)?
- What will you do with your letter?

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

- What are some other steps you can take to find closure?
Credits

**Kelly Benefield**
- Thank you for the borders!

**Magic Mistakes & Mayhem**
- Thank you for the blue frame!

**Creative Clips by Krista Wallden**
- Thank you for the yellow frame!