

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.

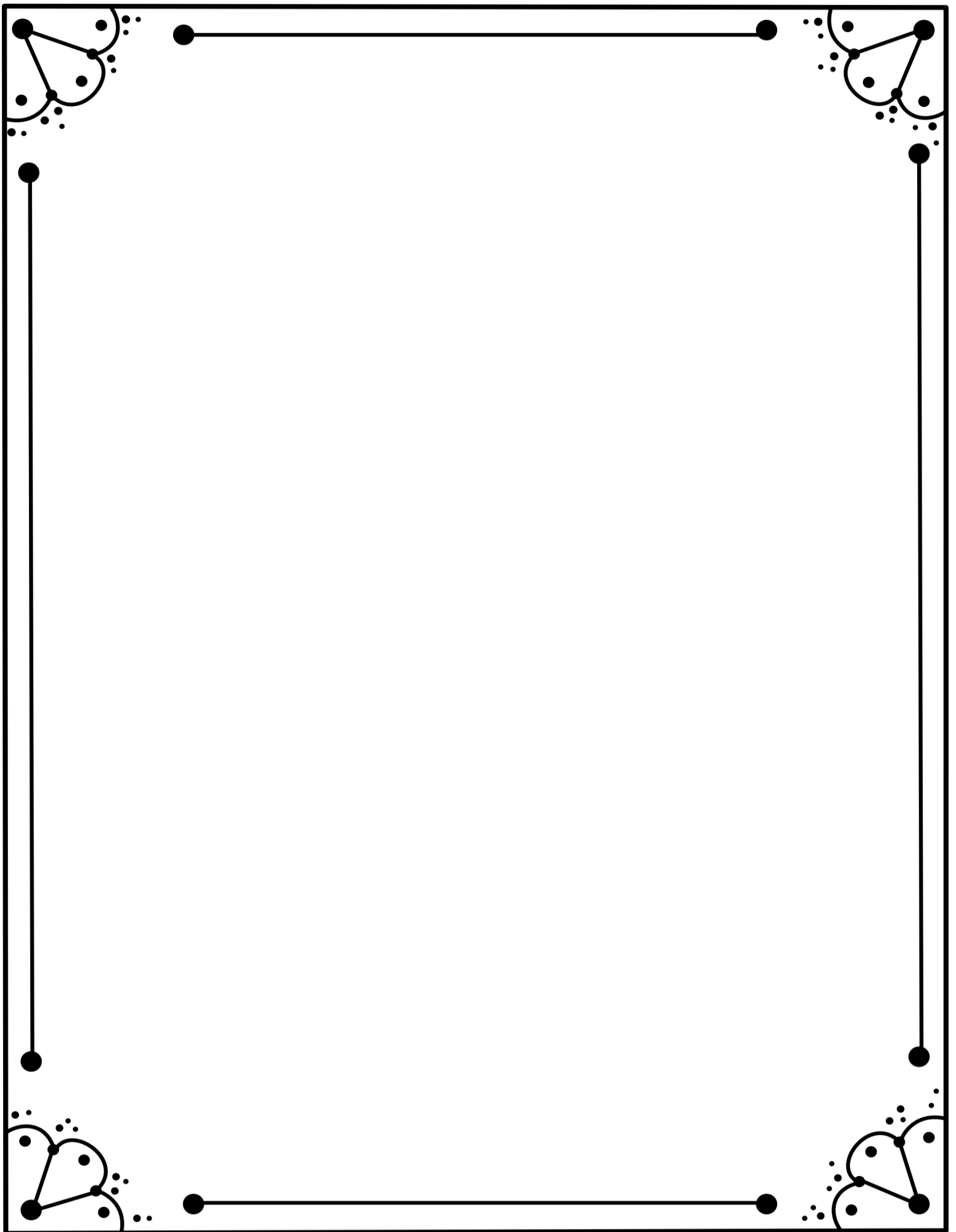
-Explore how the DOC has lied to you and the power it has over you (i.e. "You made me think I can't live without you")

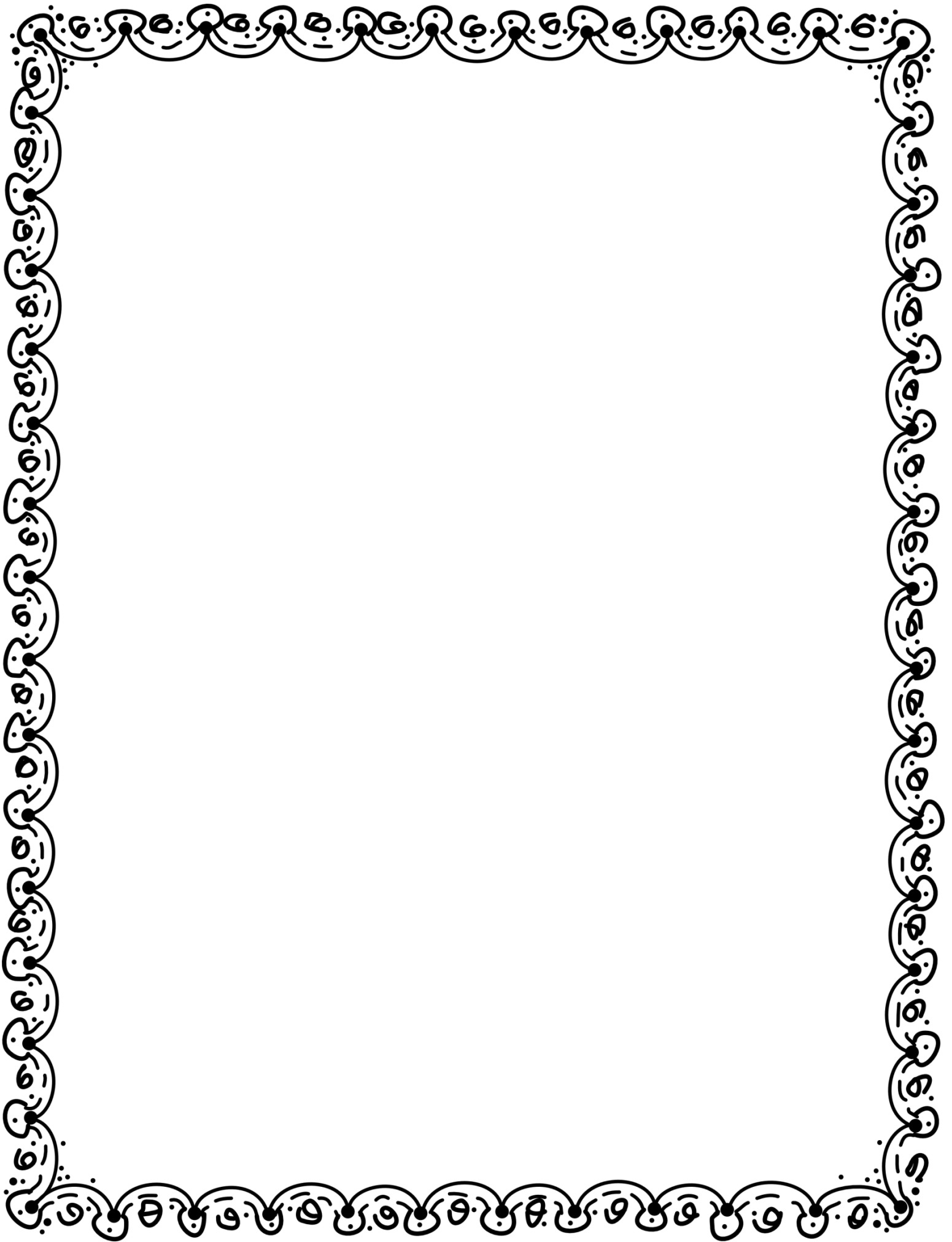
-Explore what life in recovery might look like (what life will look like when your relationship with your DOC ends)

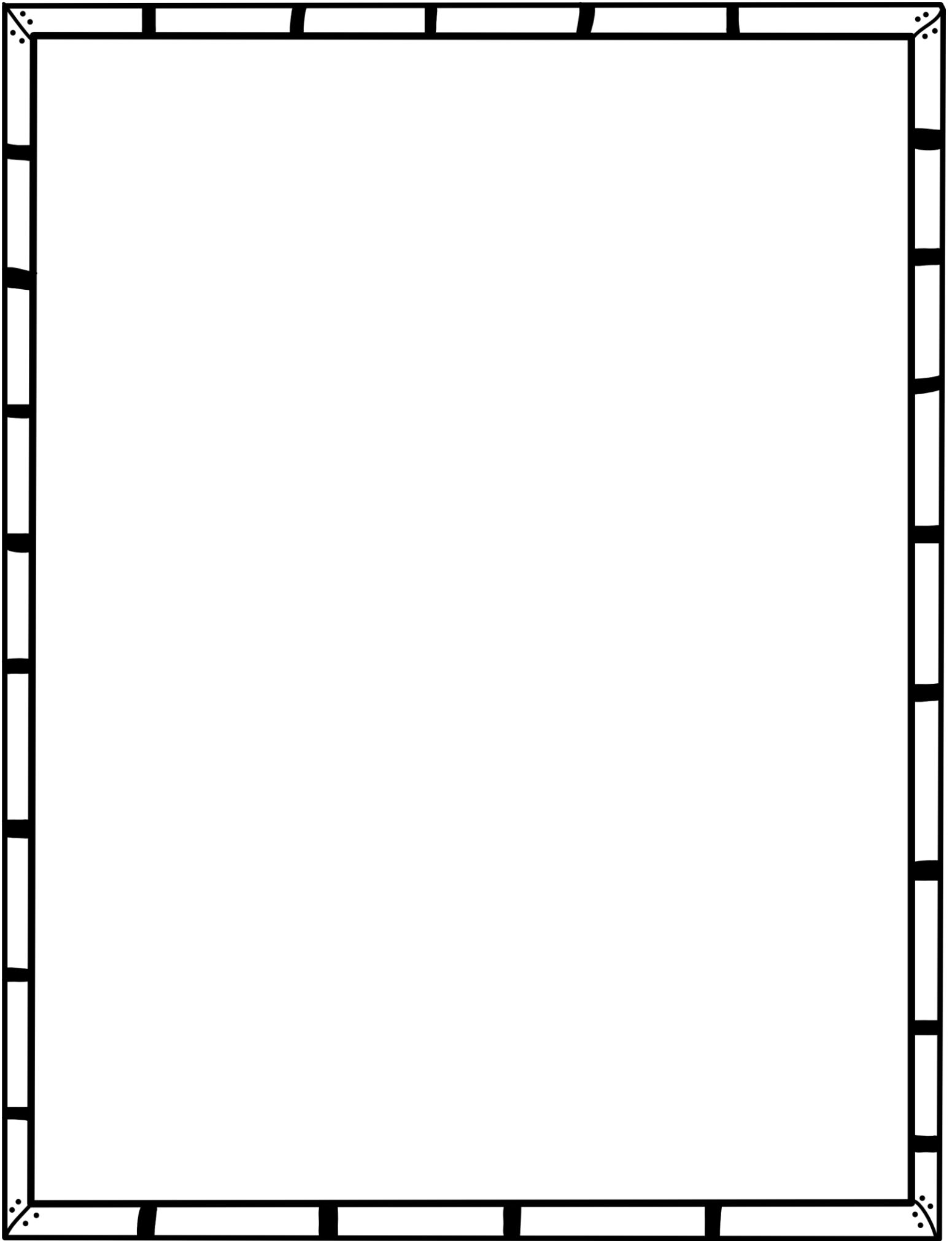
-Explore how the addiction started and evolved/changed over time

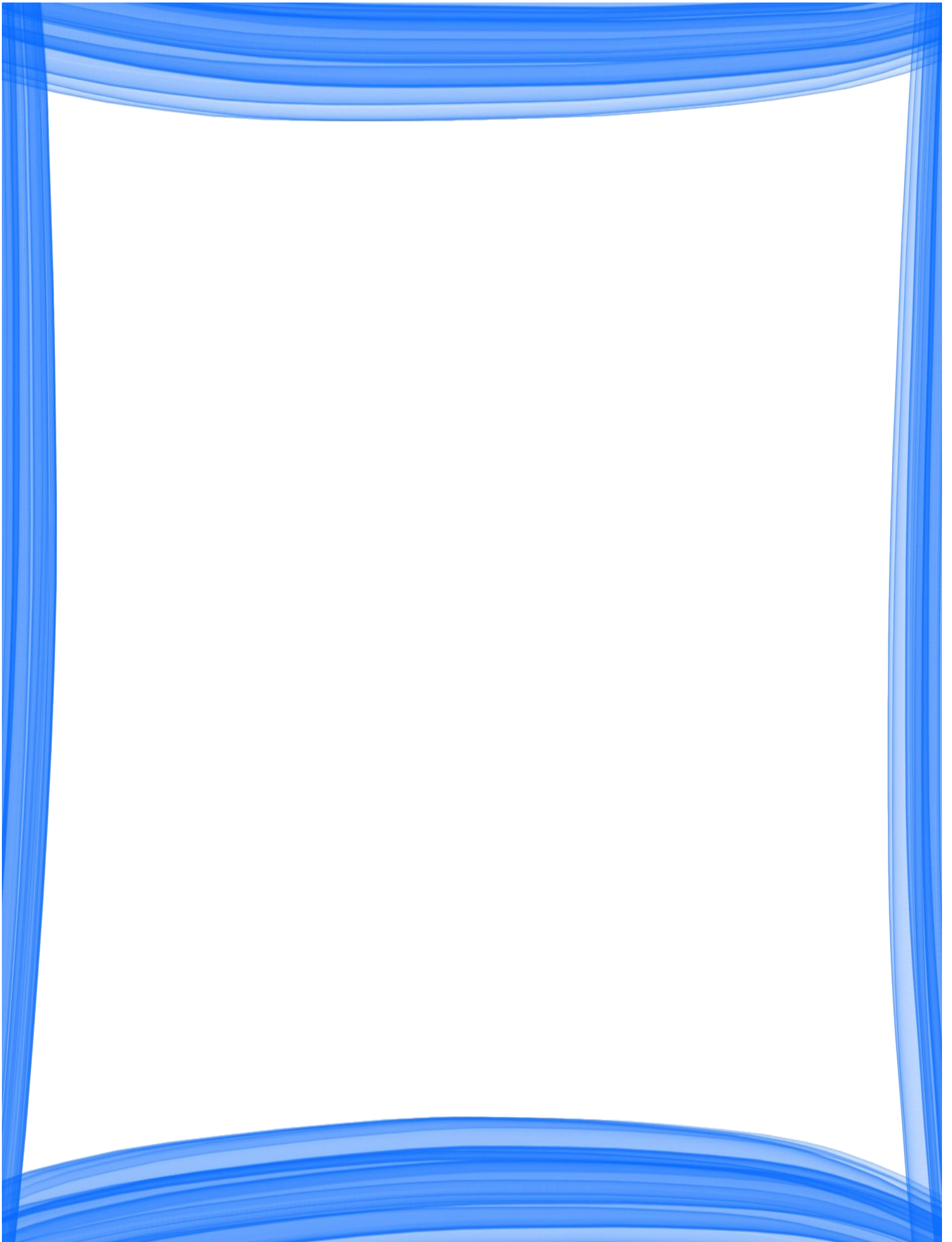
-Acknowledge the void that the DOC filled and what you will turn to in the future to cope

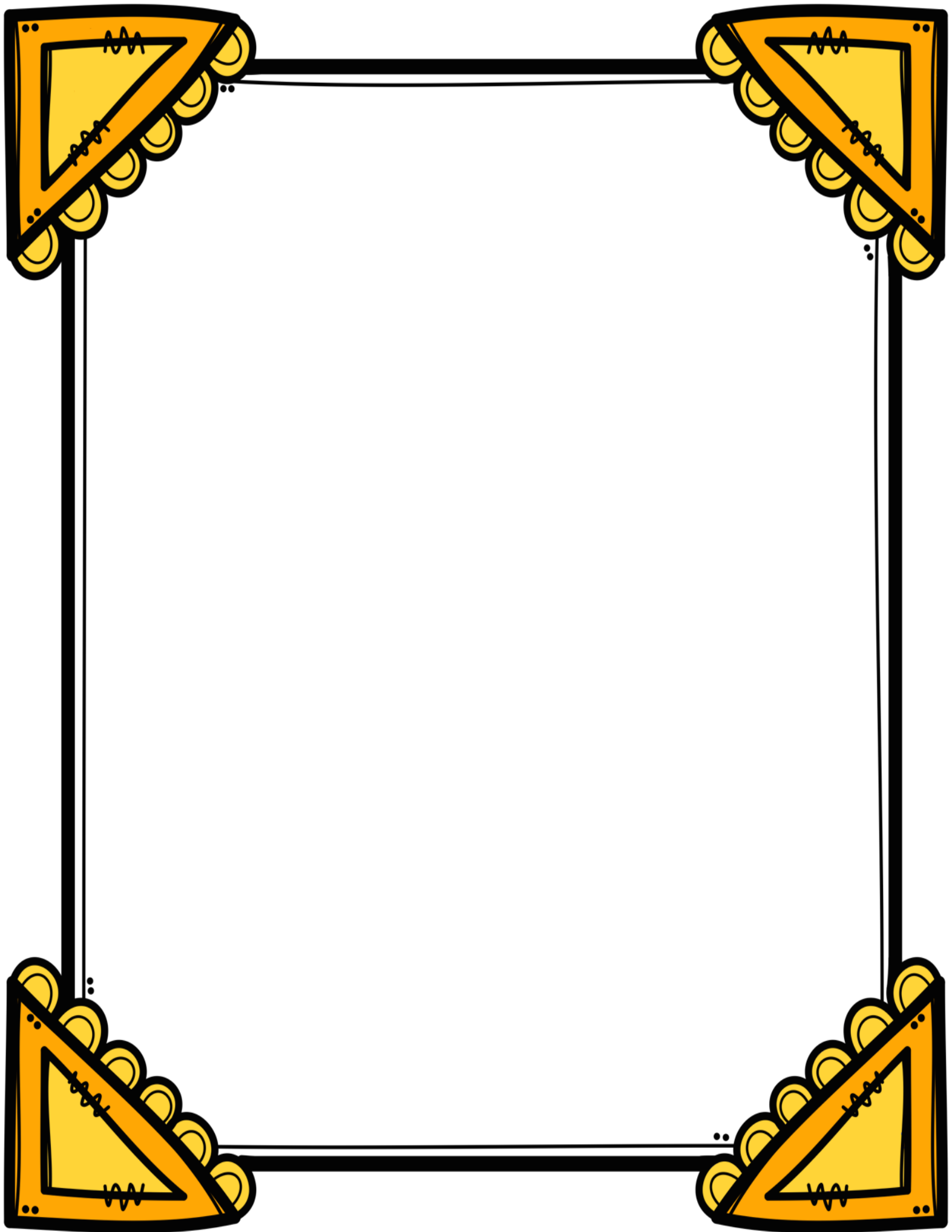
-Client(s) can use a template below. Worksheet with questions is included.











Activity: Goodbye Letter

-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!