

Goodbye Letter to Addiction

Dear _____,

I am writing to you today with a heavy heart but also with a newfound sense of clarity and determination. Our relationship has been tumultuous, marked by highs and lows, but it is time for me to bid you farewell.

I want you to know that this decision hasn't come easily. You have been a constant presence in my life, offering temporary relief but ultimately leading me down a path of destruction. I have watched as you stripped away my dignity, my relationships, and my dreams.

But today, I am reclaiming control of my life. I am saying goodbye to the chaos and the pain that you bring. I am choosing a different path, one that is filled with hope, healing, and possibility.

I want you to understand that this is not a decision I make lightly. It is a decision born out of self-love and self-respect. I refuse to let you define me any longer. I refuse to let you hold me back from becoming the person I am meant to be.

I know that the road ahead will be challenging. There will be moments of weakness and doubt. But I am committed to staying the course, to facing my demons head-on, and to emerging stronger on the other side.

I am surrounding myself with a support system of friends, family, and professionals who believe in me and who will walk alongside me on this journey. I am learning healthy coping mechanisms to replace the destructive habits that you have instilled in me.

So, goodbye, Addiction. Goodbye to the lies, the shame, and the despair. Goodbye to the hold you once had over me. I am breaking free from your grasp, and I am stepping into a future filled with possibility and promise.

I am choosing life. I am choosing recovery. And I am choosing myself.

With determination,

Note:

Users can use the space to create their own letter

Dear _____,