

LETTER TO MY SUBSTANCE/BEHAVIOR



Write in first person a letter to the substance you are reducing or from which you are abstaining. This letter is to be addressed directly to the substance you are attempting to reduce or give up altogether, in an attempt to demonstrate your relationship with the substance and how the substance takes on human characteristics.

The letter is written in the first person. First, address the substance or behavior directly in the letter. Second, describe how the substance provides healing to your emotional wounds by addressing the substance or behavior directly. Third, address your efforts to give up or reduce the substance or behavior. Finally, describe the costs of continuing to use the substance.