



LETTER TO SELF

Write a letter to yourself to be opened around the time you complete treatment. In your letter, include the goals you hope to have accomplished (recovery-related and otherwise).

Other ideas for your letter: How long have you been clean and sober? What do you hope to be doing to work on your recovery? What are some of your hopes for your relationships? Finally, remind yourself of some of your long-term goals, and the steps you’ll need to take to achieve them.

DEAR:

DATE:

Lined area for writing the letter, consisting of approximately 25 horizontal lines.



