Goodbye Letter to My Addiction

Before you write

1. What did drinking promise you at the start?

2. What did it take from you? Think of people, money, health, time, faith.

3. What did you hide, and who did you hide it from?

4. When did you first know it had to end?

5. What are you afraid you'll miss? Be honest.

6. What do you want your life to look like a year from now?

MY LETTER

1. Dear _____,

An example letter

Dear Alcohol,

You showed up when I was nineteen and made me feel brave. For a while you kept that promise. Then you started asking for more: Friday became every night, one became six, and the brave feeling only lasted until morning.

You took my evenings with my kids. You took the money for the car repair, and the truth I used to tell my wife. You made me a man who checked the recycling bin before she did.

I kept thinking I could manage you. I can't. I've tried every rule, and you broke every one of them.

So this is goodbye. I'm not writing because I'm strong. I'm writing because I'm not, and I've finally asked God for help. I have people now who answer the phone. I'm going to miss you on some nights, and I'm going to call them instead.

You don't get my mornings anymore. Those belong to God and to my family.

Goodbye, Me

A prayer to finish

Lord, I've held on to this too long. I give it to You now. Forgive me for what it cost the people I love. Fill the empty places it leaves with Your presence and with good people. When I miss it, remind me of the truth on this page. Give me strength for today. Amen.

SCRIPTURE

> *"to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness."*
>
> EPHESIANS 4:22–24 · ESV

> *"Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert."*
>
> ISAIAH 43:18–19 · ESV

> *“For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.”*
>
> **GALATIANS 5:1 · ESV**