Goodbye Letter to Alcohol

PURPOSE HEALING CENTER

Use these 6 helpful prompts to help you write a goodbye letter to alcohol addiction.

1. Write a simple salutation and introductory statement.

2. Reflect on the good times and the bad times you had with alcohol.

3. Explain alcohol's negative impact on your life.

4. State the key reasons it's time to say goodbye.

5. Write a commitment to make positive changes.

6. Close the letter with a tone of finality.