

# WRITING AN IMPACT LETTER WORKSHEET

*Use these writing prompts to help you draft your impact letter one section at a time. Once you have written each section, you can combine them for a powerful impact statement.*

**Salutation; then open the letter with love and concern.**

---

---

---

**Share specific examples of how addiction has changed your loved one.**

---

---

---

**Express the emotional pain of watching them suffer.**

---

---

---

**Set clear but loving boundaries and consequences.**

---

---

---

**Offer support and your belief in their abilities.**

---

---

---



**PURPOSE**  
HEALING CENTER

480.579.3319 | [purposehealingcenter.com](http://purposehealingcenter.com)

# WRITING AN IMPACT LETTER WORKSHEET

*Use these writing prompts to help you draft your impact letter one section at a time. Once you have written each section, you can combine them for a powerful impact statement.*

**Ask them to accept professional treatment.**

---

---

---

**Reminder of unwavering support if they choose recovery.**

---

---

---

**Close the letter.**

---

---

---

## NOTES AND REFLECTIONS

---

---

---

---

---

---

---

---

---



**PURPOSE**  
HEALING CENTER

480.579.3319 | [purposehealingcenter.com](http://purposehealingcenter.com)