

Date: today / \_\_\_ / \_\_\_

# Dear Alcohol,

I used to think .... *you were essential*  
*it was self-medication*

You promised me ... *fun with friends, easy socialising,*  
*dancing & sexy times*

What happened instead was ... *sloppy*  
*reckless*  
*tragic*

I've learned that ... *you make my anxiety spike & tummy hurt*  
*taking a break felt really good*

Thank you for ... *the good times when I was younger*

I am disappointed that ... *I can't moderate*

I forgive you for... *tricking me*

I forgive myself for... *letting it go this far*  
*not facing it honestly before now*

Now I'm building a fabulous new life.

This is why it's time for me to leave you behind.

# Goodbye,

Signed: me