

It pushed your family and friends away from you. You fell victim to an Alcohol Use Disorder that required treatment - you're not at fault; it's a clinical diagnosis. I'm ready to take control of my life and embrace sobriety. I hope you understand when you hear this, but I really don't care if you do. When we first met, I just knew we would be life-long friends and for a long time, we had a blast together. You brought out the exciting, fun, relaxed, invincible girl.

Once I got more acquainted with them, I knew they, just like you, weren't my real friends. They only visited when they wanted to manipulate me and make me feel like less of a person. I realized they all came as a result of my interactions with you. I will no longer allow you to rob me of who I truly am or create unnecessary chaos in my life. I know I'm better off not associating with you whatsoever going forward and I'm thankful I finally gained the courage to stand up to you and say NO.

- I'm connecting with myself and others in an authentic, genuine and mindful way these days.
- As a result, I no longer experience anxiety nor am I riddled with panic, disgrace or the feelings of emptiness you always left me with.
- You know the line, it's not you, it's me?
- The beach may have lost its luster too.
- The matter is settled; you've made up your mind about leaving addiction to drugs or drinking behind.

MANAGING SOBRIETY THROUGH NUTRITION AND SUPPLEMENTS



You always came through and I could count on you to make me forget. But, then instead of giving, you started taking and taking. I'm gonna really miss our steak dinners together. I'll never forget our days on the lake...at the reservoir.

HOW LONG DOES ADDICTION RECOVERY TAKE?

You've had such a strong grip on me that I don't even know who I am today. You are filled with empty promises that you'll play nice and only come to visit once in a while. Instead, you camped out in my home, my car, my office and even went so far as to hide in my suitcase on our family trip to Disneyland. You know they don't serve alcohol in the park. You're very selfish and only concerned with your own well-being.

STEP THREE: EXPLAIN ALCOHOL'S IMPACT ON YOUR LIFE

- We did have some good times together; a lot of good times together, in fact.
- You didn't force yourself on me...I was just as willing to begin our long friendship as you.
- This publication is for those ready to explore sobriety / alcohol-consciousness and create the life they've always wanted.
- You tried to convince me that I was the only one but the truth is there are many, just like me, whom you have left broken hearted.

- I get to decide how I spend my time and with whom I spend it with.
- As much as it hurts to walk away from you, I'll always try to remember the good times of my life and put the bad times behind me.

I'm ready leave behind the anxiety and stress that you brought into my life. As much as I'd like to blame you for what's happened to me, our relationship started out with good intentions and just imploded itself. They say it's not something that consciously happens, and it really was out of my control. But with help from a lot of caring people, I'm taking control of my life again. As much as it hurts to walk away from you, I'll always try to remember the good times of my life and put the bad times behind me.

WRITTEN BY MICHELE MAIZE

We have helped many quit drinking or using drugs. This has to be the most challenging letter I've ever written. It's as if I'm breaking up with a long term partner. You were with me through thick and thin, the good times and the bad times. From my teenage years through to my thirties, from England to New Zealand and all the places in-between.

My entire life needs to change, and although there is part of me that finds that exciting, there is a much larger part of me that is completely terrified. I have no idea what that life will look like, but it scares me and I don't even know if I can do it. Saying goodbye to drugs and alcohol is the most terrifying thing I think I've ever done. However, I also know that I have to do it.

A GOODBYE LETTER TO ALCOHOL

Oh dear friendAlcohol, what a long, weary road we have traveled together. When I first met you at the ripe age of 15, I had no idea what an impact you would make on my life - and not the good kind, unfortunately. Please feel free to reach out to our team. We look forward to helping you have brighter, happier future.

Dear _____

I want you to know that I _____ you.

Sometimes when I think of you I _____ and
sometimes I _____.

When I feel sad, I think about _____.

I find it hard to believe that you are gone. But I know you would
want me to think about the happy times we had together.

You were someone very _____ to me.

When I think about you, my favourite memory is _____
_____.

What I miss about you most is _____
_____.

You always made me feel _____.

Since you've been gone I learned to _____.

What I remember the best about you is _____
_____.

Thank you for _____.

Love always,

I'm not gonna say good-bye without a thank you. I appreciate all the confidence you gave me, especially during those college years. You took away tons of stress and even gave me some pretty cool dance moves. If I had a shitty day, you were the one thing I looked forward to. Worst of all, you have a serious jealousy streak in you, bordering on psychotic.

You have been with me for about 18 or so years, roughly about half my life. You have been with me through thick and thin. You have been a distraction that I could always rely on. You have been ever-present in my life; when I was happiest, at my saddest, through grief and struggles, always there at the biggest events in my [Sober Houses Rules That You Should Follow](#) life. You were there when I was vulnerable, at my lowest, when I needed to escape.

But our relationship has taken a toll. You've affected my health and safety. You have strained my relationships, especially with my husband (or wife), parents, and children. And hindered my personal and professional growth. The worries you bring are no longer worth the pain. Purpose Healing Center has two locations - Phoenix and Scottsdale, Arizona.

They deserve me without you tagging along. I'm just sorry I abused our relationship. And who knows, if I'm ever old and alone, we may meet again. Until then though, it's time to

move on.

I know who I am, what I like, what I need and how I want to live my life. I no longer feel weighed down by you and have since found clarity and purpose. I mastered your ways, the spell you cast on others and how you grip down on people with your deceitful tricks. Because of this mastery, I'm now able to help others break loose from your chains too. I operate from a clear conscious and a full heart nowadays since I left you behind.

You preyed on my curiosity and then you sunk your teeth in with the hook that <https://yourhealthmagazine.net/article/addiction/sober-houses-rules-that-you-should-follow/> "all the cool kids" hang out with you so maybe I should too. I've realized that your temporary relief isn't worth the long-term damage. You've caused me more pain than joy, leading to stress and lost opportunities. My life has become unmanageable, and I've felt powerless in your grip.