

Letter to My Addiction

DBT Exercise

This ties into SMART Recovery naming your addiction as described on page 38 (DISARM)

In this exercise you will be writing a letter to your addiction and ballpark about half of a page.

The first step is naming your addiction/AOC.

The premise of this letter is to tell your addiction to “get lost, I’m doing a new gig now”, something along those lines. But really, just send your AOC/addiction packing! Remember to start off by thanking it though as it was there at a time to help you, it just got out of control is all and you no longer need it.