

Letter to Self

DBT Exercise

This ties into page 34 of the SMART Recovery Handbook.

Ball park about half of a page.

Your future self is writing a letter to your present self.

The premise for this exercise is where do you see yourself in a year from now when you are clean and sober?

Discuss your hopes and dreams. Don't hold back, you will get there, that's not bullshit either, I did it, so can you!