

Commitment Letter to My Addiction Recovery Journey

Date: [Insert Date]

Dear [Your Name],

Today, I am writing this letter to express my unwavering commitment to my addiction recovery journey. I acknowledge the struggles I have faced and the negative impact that addiction has had on my life and the lives of those I love.

As I take this step towards healing, I promise to:

- Seek professional help and support through therapy and counseling.
- Attend support group meetings regularly.
- Surround myself with positive influences and people who support my recovery.
- Practice self-care and prioritize my mental and physical health.
- Embrace setbacks as part of my growth, and remain dedicated to my goals.

I am committed to reclaiming my life and making choices that align with my values and aspirations. I know the road ahead will be challenging, but I believe in my ability to overcome these obstacles.

With this letter, I affirm my dedication to my recovery, and I am ready to move forward with hope and determination.

Sincerely,

[Your Name]