

Letter of Commitment to Wellness

Date: [Insert Date]

Dear [Loved One's Name],

I want you to know how much you mean to me and how deeply I care about your journey toward wellness. As you continue your treatment, I want to express my unwavering support and commitment to being by your side.

I promise to:

- Listen to you without judgment and offer my understanding.
- Encourage you to embrace your healing process.
- Be available whenever you need to talk or need a shoulder to lean on.
- Participate in activities that promote your wellness and happiness.
- Respect your feelings and give you the space you may need.

Your strength inspires me, and I believe in you wholeheartedly. Together, we will navigate through this time, and I am here every step of the way. Your journey to recovery is important, and I am committed to helping you in any way I can.

With all my love,

[Your Name]