

Commitment Letter for Long-Term Substance Abuse Recovery

Date: _____

To Whom It May Concern,

I, [Your Name], am writing this letter to express my commitment to my long-term recovery from substance abuse. I understand the challenges that lie ahead, but I am dedicated to making positive changes in my life.

As part of my recovery plan, I commit to the following:

- Attending regular counseling sessions.
- Participating in support group meetings.
- Implementing a daily routine that promotes a healthy lifestyle.
- Avoiding environments and individuals that may lead to substance use.
- Seeking out healthy coping mechanisms for stress and triggers.

I recognize that recovery is a lifelong journey, and I am prepared to embrace it wholeheartedly. I appreciate any support and understanding from my family, friends, and community as I strive for a healthier future.

Thank you for your consideration.

Sincerely,

[Your Name]

[Your Address]

[City, State, Zip]

[Your Contact Information]