

Date:

To:

Thank you for any and all love and concern that you have shown me. I am writing you to officially tell you, however, that I have an addiction problem specifically involving \_\_\_\_\_. You may (or may not) have known/suspected this and I may (or may not) have been completely honest previously. I sincerely apologize for any deception and now humbly ask for your forgiveness and help.

After considerable personal reflection and growth, I am now seriously concerned about my addiction and this is one of a series of letters I am writing to all the professionals and other “sources” I have had for them.

As a source for my addiction previously, I respectfully and seriously ask you to never ask me to buy or otherwise participate in any addictive activities in the future. This may come as a surprise to you and you may not believe that I’m serious but I am. I am so serious that I am willing to turn to legal means, if necessary.

My understanding is that, as a result of my present known addiction, I am also at high risk for quickly developing addictions to other substances and activities, so I need to stay as completely addiction-free as possible.

I like my “clean” life and want to keep it that way.

Thank you for respecting this personal decision and my desire for a better life.

Sincerely,