

Date:

To:

Let me start with sincere thanks for your care and quickly add that I have a substance 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 my addictions. My desire is for you to remain my treating provider but I also respectfully ask you to not prescribe any addictive substance.

My understanding is that, as a result of my present and known addiction, I am highly likely to quickly develop addictions to other substances. I like my “clean” life and want to keep it that way.

I have been advised that, in the event of “acute surgical pain” and the like, that a “Detoxification Regimen” of a few days of steadily decreasing doses of pain medications leading to quick discontinuation would be most appropriate.

In all other cases, please do not prescribe or advise me to take any pain, anxiety or “nerve” medications that are “controlled” by the FDA or “addictive” in any other way. I am requesting that this letter be placed in my permanent file and that the outside of my file be flagged as a reminder that I am not to be prescribed any addictive substance.

Thank you again, for your attention to this extremely important personal matter.

Sincerely,