



Before the First Compulsive Bite

Self-Examination Exercises

Seeing a Future of Abstinence

Write a letter to your higher self (or Higher Power) about your aspirations about being abstinent and ask for help – to meet your efforts halfway.

Write a letter to your future self that is struggling with staying abstinent. Speak words of encouragement, based on the place you are in at this moment.

Perhaps your future self wants to send you a letter. They're sending it to their "past" self, the you of today. Maybe these will be words of encouragement, meant to assure you moving forward that you will make it to the point of having a decent amount of time in abstinence.