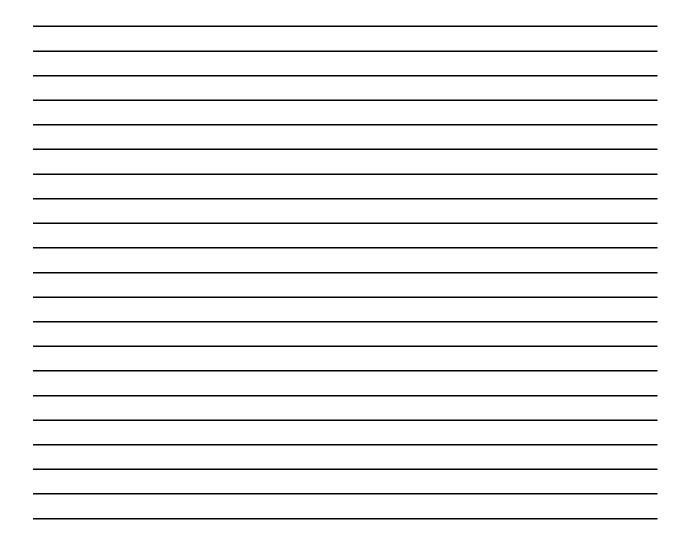
Letter to My Future Self

I will write this letter with great seriousness. I am reaching into the future, to an unforeseen day when I find myself struggling. If that day comes, hearing my own calm and insightful words will be a priceless gift. I know myself well, so my guidance will be trusted. I know best how to counsel my future self, who may be in need of good advice. I will also remind myself of the recovery activities I am doing now that are making my life work so much better. Through this letter, I can be a beacon of hope when I need it most.

See pages 235 – 239 in "It Takes a Family" for examples of letters. Use the space below to write your own letter to your future self.



Referenced in: "It Takes a Family", by Debra Jay (Hazelden 2021), pgs. 235-239. Copyright © Debra Jay. All rights reserved. More information: <u>https://lovefirst.net</u>