A LETTER TO RISKY BUSINESS

When we engage in risky business for a long time, it can get to a point where it feels like we're in a relationship with the drug of choice or the risky behavior. Our risky behaviors are also accompanied by rituals or habits that we get sucked into. These habits - and the strong feelings connected to them - make it hard to "break up" with the risky business that has become a part of your lifestyle.

Sometimes a good way to "break up" with risky business is to write a letter.

Use the space below to write your letter. If you need help getting started, write about the following things in your letter:

Why you started engaging in the risky behavior;
Why you hate it, and the troubles it has caused you;
How you're going to "leave" (stop or take control of the behavior); and
The ways you're going to feel so much better when you've moved on to a healthier lifestyle.

DATE:

DEAR RISKY BUSINESS:

SINCERELY,

MHA Mental Health America
B4Stage4
/mentalhealthamerica
@mentalhealtham
@mentalhealthamerica
/mentalhealtham
/mentalhealthamerica
www.mentalhealthamerica.net