

# Back to the Future Letter

## Instructions:



Pretend you are able to travel into the future, to the time when the problem that brought you here is solved.

There you meet a wonderful person - the wonderful, older wiser you of the future.

**Write a letter to yourself from your older and wiser self of the future.**

**Use the following questions to guide you:**

- What do you think your older, wiser self would suggest to you to help you reach your recovery goals?
- What would he/she ask you to remember?
- What would your older, wiser self tell you to keep on doing more of?
- What would he/she to comfort you and give you encouragement

# Back to the Future Letter

Dear \_\_\_\_\_

**Best wishes,  
Your older, wiser self.**