



Abstinence Contract

I have the right to do good things for myself and aid my own recovery.

I choose not to medicate the emotional pain I feel when I am reminded of my shortcomings.

I choose not to use toxic persons, places, things, or experiences to attempt to make myself feel good.

Therefore, I agree to abstain from: _____

for the next 8 weeks.

Witness

Signature

Date

Date