

## ***Self-Blackmail Letter Example***

**(This letter is written and then given to a positive support person to give to the person's sponsor, counselor, caseworker or probation officer in the case that the recovering person has a relapse episode and needs help.)**

**Dear Sponsor, Counselor, Caseworker or Probation Officer,**

**If you are reading this letter then I am in a relapse episode and need help. Please assist me by any means possible in stopping my active use, because I am at risk to harm myself, my loved ones, or others. I am writing this letter of my free will and give you consent to help me, even if it means legal sanctions for myself, including being incarcerated, placed in detox or placement. Thank you for this help. I may not like the results at first, but it is for my own good.**

**With hope for sobriety,**

**XXXXXXXXXXXXXXXXXX**