

“what I used to be like, what happened and what I’m like now”).

Naturally, I’m prepared to pay your regular fee for such a visit.

With this letter I am delighted to let you know that this month is my (fill in the appropriate number) AA birthday – I am (appropriate number) years clean and sober. Next year, the good Lord willing, I will send you another (much briefer) birthday card to keep you informed of the state of my health and sobriety.

Please accept my apologies for any lies I may have told you and problems I may have caused you. They were a product of my illness.

Sincerely and gratefully yours,
(Recovering alcoholics name)

If you, as a recovering alcoholic or addict are wondering what good such a letter might do, here are two possibilities. Your doctor will talk with you, learn a lot about alcoholism, and treat alcoholics and other addicts more effectively as a result.

If, on the other hand, your worst fear comes true, and you receive an angry rejection or no response at all, you will know that your doctor (or the person that opens the clinic mail) has at least an attitude problem about alcoholism.

In any case, instead of just cursing the darkness and griping about “those doctors,” you will have made amends, and you will have carried the message to a doctor who is still suffering in ignorance.

Dr. Pursch’s Office
949-499-5631

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www.drpursch.com