

# MY GOODBYE LETTER

**Dear Sugar (and your partners, flour and sweeteners),**

## **At the start of our relationship, I thought...**

- What drew you to sugar?
- How did it make you feel in the beginning?
- What problems did sugar solve for you?

## **This is how I wished our relationship could be...**

- Of course you never planned to be here. How do you wish the relationship could have been?

## **I tried so hard to fix us...**

- How have you tried to fix your relationship with sugar?
- Recollect your list of attempts you've made to diet, cleanse, or eat differently.

## **I have been delaying this breakup because I'm scared that...**

- What fears have gotten in the way of ending this relationship?
- When you imagine your life without sugar, what feels too hard or too difficult?

## **Our relationship has impacted me in the following ways...**

- Think about how your life has been impacted by sugar--the good, the bad, and the ugly.
- What damage has sugar caused in your life? How has it affected your health, your relationships, your goals, your body, your self-esteem, your hopes, your dreams?
- How has sugar held you back?

## **I've been holding on to the following memories...**

- Memories keep us hooked on the past. What memories are keeping you in the relationship? Is it the idea of birthdays,



anniversaries, and celebrations without sugar? Nights alone without being soothed by sugar?

- How would it feel creating new memories without sugar?
- What are you going to miss the most? Will you miss the rituals? The traditions? The spontaneity? The comfort?

### **But sugar, I won't miss...**

- What won't you miss? What are you most looking forward to leaving behind? The feelings of shame and remorse? The harm that sugar has caused your body? The time you've lost trying to make the relationship work? The deep regret after the binge?

### **In my new life without you, sugar, I will...**

- Explain to sugar what you need. You are taking your life back and you have every right to ask for what you want. What do you need to move forward? Do you need sugar to leave you alone as you do this challenge and figure out your next steps? How can sugar show you the respect you deserve?
- What are you going to do for yourself to help solidify the breakup? Rely on your friends? Get more support? Commit to an open mind? The list can be long or short.
- Anything else you need to say? Make sure you get it down.

## **Love, Me**

Carmel, M. (2019). *Breaking Up With Sugar: Divorce the Diets, Drop the Pounds, and Live Your Best Life*. New York: Avery.

