Quick ‘n Easy Activity

“Dear John” Letters

The June 2009 issue of TOPS News featured “Dear John” letters written by members of TOPS #IL 2046, Wheaton. Now it’s your chapter’s turn! Have each member select a particular, troublesome, personal obstacle and write a “Dear John” letter to it. Don’t be afraid to add humor and have fun with the program. Examples of “Dear John” letters are listed below (more can be found on pages 16-17 of the June 2009 issue).

Dear Excuses,
Hi. Today I am leaving you in the dust. I used you and have used you for years. First, it’s the stress of having kids, then the house, then business, and then holidays, including made-up ones. Ha! Oh, the list goes on and on, day after day, week after week, and year after year. Excuses, you are the reason I am heavy. I used to eat whatever I wanted. Well, no more. It’s over between us. So long. Good-bye. I would say, “See you later,” but no, I won’t. Lose my number, address, and the path to my brain. – AE

Dear Little Pizza,
Effective immediately, you are hereby removed from the premises due to breach of contract. Under the original agreement, we were supposed to make each other happy. Also, we were supposed to be there for each other. This relationship has now become one-sided. You have taken advantage of my weaknesses. I have become too dependent on you. You were supposed to fill the void in my life. Due to your overpowering influence, you are evicted from my home! – DG

Dear Mr. Oreo,
You have been a constant friend of mine for years. We have been through thick and thin, in good times and bad. You have been my emotional support. But, alas, I must break off my attachment to you. I must stand on my own. You are no good for me. You only give my body sugar support. I must find a new friend for support. I loved your filling. I am sorry this must end. Good-bye. – JH

For more information call 1-800-932-8677
Or visit the TOPS website at www.tops.org