

EXERCISE 1A: *Personal Recovery Definition*

It is important to be specific about your personal definition of recovery and how it relates to substance-related goals and areas for improvement in other parts of your life. For you, does recovery mean aiming for abstinence from alcohol and all drugs? Or is your substance-related goal something different? Does it mean cutting down to the point where you don't get intoxicated? Or does recovery mean abstinence from some substances but not others? What kinds of improvements in your life do you hope to see in your recovery? How do you know if you're making progress? Try not to just say what you think others want to hear or what you have heard at recovery meetings or in treatment programs. Be true to yourself when defining what recovery means to you.

What are your substance-related goals for recovery?

What types of improvements in your life do you hope to see as part of your recovery? What do you hope life will look like in recovery?

Putting together your responses above, what is your personal definition of "recovery"?

How do you know if you're making progress toward your personal definition of recovery?

EXERCISE 1B: *Noticing Your Addiction-Related Relationship Problems*

As you start this program, it's helpful to think about the ways your relationships interact with your addiction and recovery. Circle *yes*, *no*, or *maybe* to answer these questions about your addiction history and relationship difficulties.

- Did your substance use lead you to be dishonest or unreliable? YES / MAYBE / NO

- Did you withdraw from others and isolate? YES / MAYBE / NO

- Did you violate the boundaries of others, engage in manipulative behaviors, or even become abusive? YES / MAYBE / NO

- Did you alienate your loved ones or frustrate the people close to you? YES / MAYBE / NO

- Did you neglect loved ones or act in ways that were inconsistent with your true values and morals? YES / MAYBE / NO

- Have you really thought about the process of building emotional intimacy sober?
YES / MAYBE / NO

- Do you have trouble letting people in? YES / MAYBE / NO

- Do you let people in too quickly and end up getting hurt early on in a relationship?
YES / MAYBE / NO

- Do you feel like you know yourself well enough to let others get to know you?
YES / MAYBE / NO

- Do you know how to recognize healthy and unhealthy aspects of relationships?
YES / MAYBE / NO

- Do you know how to end a relationship that isn't healthy for you? YES / MAYBE / NO

EXERCISE 1C: *Relationship Skills Survey*

Directions: Listed below are social and interpersonal skills that can impact relationships in your life as well as your recovery efforts. Circle the rating that best describes your opinion of your current ability for each specific skill.

Relationship Skills	I am very poor at this skill	I am somewhat poor at this skill	I am somewhat good at this skill	I am quite good at this skill	I am excellent at this skill
1. Ability to understand the impact of my behaviors on others	1	2	3	4	5
2. Ability to understand and consider how personal problems (e.g., mental health problems, grief, stress) impact my relationships	1	2	3	4	5
3. Ability to understand and consider how substance abuse impacts relationships	1	2	3	4	5
4. Ability to identify healthy and supportive aspects of relationships	1	2	3	4	5
5. Ability to identify unhealthy or toxic aspects of relationships	1	2	3	4	5
6. Ability to understand and consider the costs of dishonesty with myself and others	1	2	3	4	5
7. Ability to understand and consider the benefits of honesty with myself and others	1	2	3	4	5
8. Ability to be honest with myself	1	2	3	4	5
9. Ability to be honest with others	1	2	3	4	5
10. Ability to trust others	1	2	3	4	5
11. Ability to understand and consider ways that my actions impact trust in my relationships	1	2	3	4	5
12. Ability to build and/or rebuild trust in relationships	1	2	3	4	5
13. Ability to communicate about my personal thoughts, feelings, and needs	1	2	3	4	5

(continued)

EXERCISE 1C: RELATIONSHIP SKILLS SURVEY *(continued)*

Relationship Skills	I am very poor at this skill	I am somewhat poor at this skill	I am somewhat good at this skill	I am quite good at this skill	I am excellent at this skill
14. Ability to listen to and respond appropriately to other people's thoughts, feelings, and needs	1	2	3	4	5
15. Ability to use healthy communication skills in emotionally charged situations	1	2	3	4	5
16. Ability to seek validation, compassion, and empathy from others when appropriate	1	2	3	4	5
17. Ability to validate and show compassion and empathy to others	1	2	3	4	5
18. Ability to understand and consider aspects of healthy boundaries in relationships	1	2	3	4	5
19. Ability to recognize unhealthy boundaries in relationships	1	2	3	4	5
20. Ability to understand and recognize my own patterns of unhealthy boundaries	1	2	3	4	5
21. Ability to set and maintain healthy boundaries with others, including saying no appropriately	1	2	3	4	5
22. Ability to increase my own self-awareness and insight	1	2	3	4	5
23. Ability and willingness to prioritize my own needs over the needs of others when appropriate	1	2	3	4	5
24. Ability to meet new people and start new relationships	1	2	3	4	5
25. Ability and willingness to build and/or enhance emotional intimacy with others	1	2	3	4	5
26. Ability to recognize and consider reasons to end or distance myself from an unhealthy relationship	1	2	3	4	5
27. Ability to use respectful ways of ending relationships when appropriate	1	2	3	4	5
28. Ability and willingness to seek help from others	1	2	3	4	5

(continued)

EXERCISE 1C: RELATIONSHIP SKILLS SURVEY *(continued)*

For the following questions, select the option that best describes the impact your substance use and addiction have had on these different types of relationships in your life.

How much have your substance use and addiction damaged your relationships with . . .

29. Your romantic partner(s)?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

30. Your children?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

31. Your family members (other than your children or romantic partners)?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

32. Your friends who are also in recovery?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

(continued)

EXERCISE 1C: RELATIONSHIP SKILLS SURVEY *(continued)*

How much have your substance use and addiction damaged your relationships with . . .

33. Your friends who are not in recovery?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

34. Your coworkers?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

35. Your employers or supervisors?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

36. Other important relationships in your life?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

(continued)

EXERCISE 1C: RELATIONSHIP SKILLS SURVEY *(continued)*

Scoring the Relationship Skills Survey:

Add up all the scores for items 1–28. Higher scores mean you have better relationship skills, and lower scores mean you have more room for improvement in your relationship skills. The lowest possible score is 28, and the highest possible score is 140.

Your relationship skills score: _____

Count up the number of items 1–28 that you rated as a 1 or 2. These items represent specific interpersonal and social skills deficits that you could work to improve.

Number of skills rated poor: _____

Add up the scores on items 29–36. Higher scores reflect more relationship damage related to substance use and addiction.

Your relationship damage score: _____

EXERCISE 1D: *Reflecting on Your Results*
from the Relationship Skills Survey

Now that you have completed the initial assessment, review your scores and any patterns in your responses. What are your reactions to this assessment? What did you learn about yourself?

Based on this assessment, as well as other evidence you can see in your life, which relationship skills do you struggle with the most? Which areas did you rate as poor on items 1–28 of the self-assessment? Which particular relationship skills seem like the most important areas to focus on for your relationship recovery?

EXERCISE 1E: ***Personal Relationship Recovery Goals***

Consider the multiple types of relationships you have. Are there specific relationships that you would like to focus on right now?

What are your personal reasons for wanting to improve your relationships at this point in your addiction recovery?

How could you improve your quality of life by focusing on relationship recovery and reconnection?

How do you hope you can balance your addiction recovery goals with your relationship recovery goals?

Short-term goals: What kinds of changes would you like to see in your relationships over the next year?

Long-term goals: What would you like your relationships to look like in five years?

CHAPTER 1 REFLECTION

What are the **top three** most important things you learned from this chapter?

1. _____
2. _____
3. _____

How is your recovery going right now?

Very badly Not so great Okay Pretty good Great!

How are your relationships going right now?

Very badly Not so great Okay Pretty good Great!

What has been harder in your relationships than expected?

What is changing in a positive way with your relationships and your recovery?

EXERCISE 2A: *Defining Relationships*

What does the term *relationship* mean to you? When you say you have a relationship with somebody, what do you mean?

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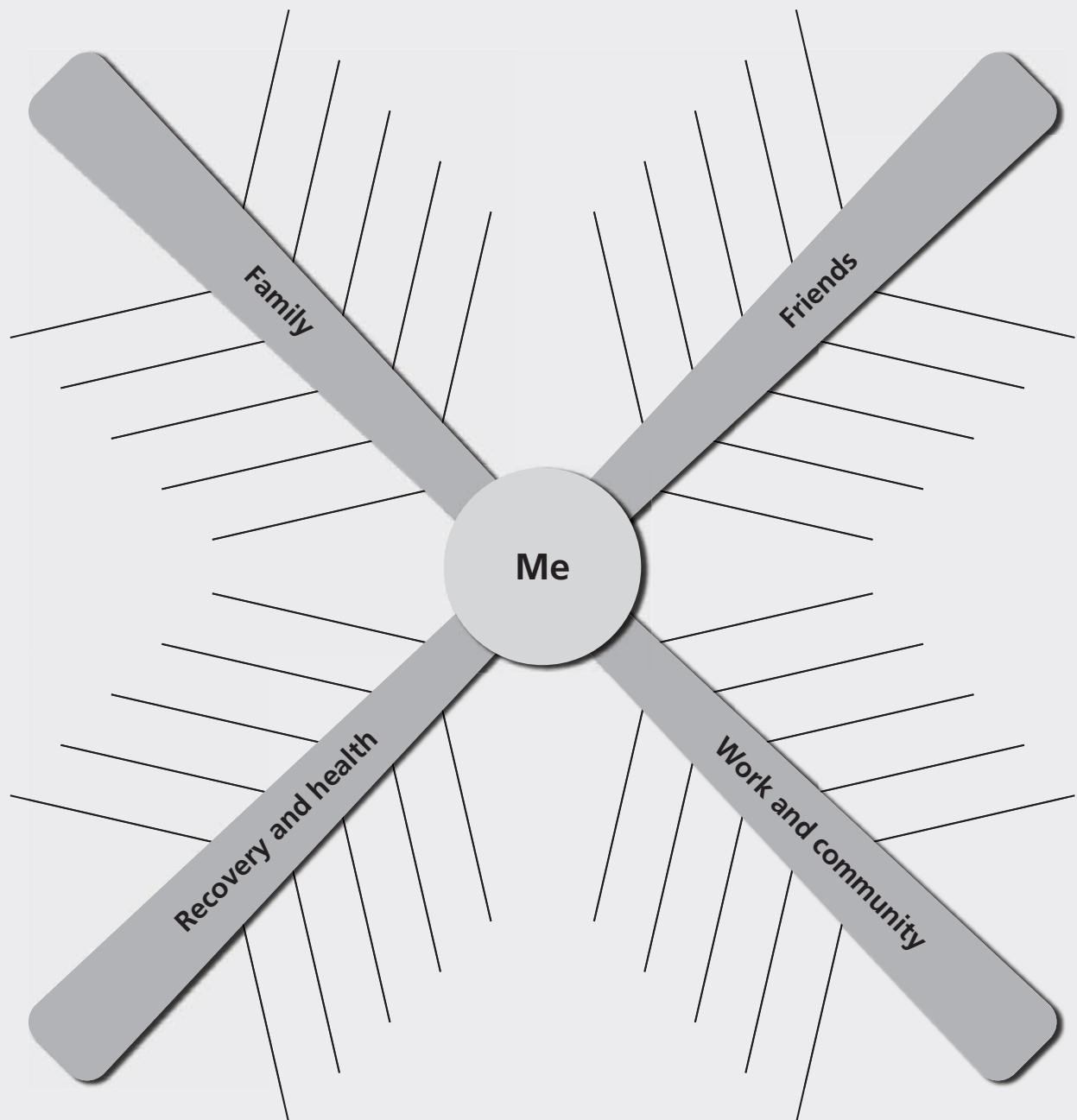
EXERCISE 2B: *Identifying Types of Personal Relationships*

Many types of relationships impact your addiction, recovery efforts, and quality of life. Review the list below, think about your own life, and circle whether or not you currently have each type of relationship.

- Relationship with God or spiritual being(s) YES / MAYBE / NO
- Romantic relationship(s) YES / MAYBE / NO
- Relationships with children, stepchildren, and/or foster children YES / MAYBE / NO
- Relationships with grandchildren YES / MAYBE / NO
- Nonromantic relationships with the other parent(s) of your children YES / MAYBE / NO
- Relationships with parents or stepparents YES / MAYBE / NO
- Relationships with grandparents YES / MAYBE / NO
- Relationships with brothers and/or sisters YES / MAYBE / NO
- Relationships with nieces and/or nephews YES / MAYBE / NO
- Relationships with aunts and/or uncles YES / MAYBE / NO
- Relationships with cousins YES / MAYBE / NO
- Friendships with people in addiction recovery YES / MAYBE / NO
- Friendships with people who are not in addiction recovery YES / MAYBE / NO
- Recovery-oriented mentor relationships (e.g., peer recovery coach, sponsor)
YES / MAYBE / NO
- Relationships with doctors and/or therapists YES / MAYBE / NO
- Relationships with clergy or spiritual advisors YES / MAYBE / NO
- Relationships with current or former teachers and mentors YES / MAYBE / NO
- Relationships with neighbors YES / MAYBE / NO
- Relationships with other members of your community YES / MAYBE / NO
- Legal relationships (e.g., lawyers, probation officers, legal guardians) YES / MAYBE / NO
- Business and work-related relationships YES / MAYBE / NO
- Relationships with pets or animals YES / MAYBE / NO
- Other: _____
- Other: _____
- Other: _____

EXERCISE 2C: *Map Your Social Network*

On the diagram below, write the names of people you interact with in your life. Within the domains of Family, Friends, Recovery and health, and Work and community, put names of specific people on branches closer to the center or farther from the center to reflect how close each person is to you at this point in your life. Once you have included each person in your social network, put an arrow next to the name of each person you would like to increase closeness with (arrow pointing inward) or distance yourself from (arrow pointing outward).



EXERCISE 2D: *Reflecting on Your Social Network*

What did you learn about yourself from completing Exercises 2B and 2C?

Are there specific types of relationships from Exercise 2B that you're lacking in your life but would like to build?

Are you content with the number of people and types of relationships represented in your social network map?

What kinds of changes to your social network could be helpful to your recovery efforts and quality of life?

Which people in your life do you most hope to reconnect or deepen your connection with?

EXERCISE 2E: *Identifying Damaged Relationships*

Look back at your social network map and identify particular people who have been impacted negatively by your substance abuse and addiction. Give each person a rating to reflect how much your substance abuse and addiction damaged that relationship.

Person	1—Very little damage 2—Minor damage 3—Moderate damage 4—Significant damage 5—Extreme damage

EXERCISE 2F: ***Reflecting on Your Substance Abuse and Addiction History***

How have your substance abuse and addiction impacted your relationships? How do your personality, behaviors, and emotional experiences change when you are using? Below is a list of common consequences of substance abuse and addiction that can impact relationships and loved ones. Reflect honestly on your addiction history and select *yes*, *no*, or *maybe* based on whether or not you recognize these substance-related issues in your own life.

- Having slips, relapses, or recovery setbacks YES / MAYBE / NO
- Misunderstandings with others YES / MAYBE / NO
- Poor communication YES / MAYBE / NO
- Picking fights, lashing out verbally, or being mean YES / MAYBE / NO
- Personality changes YES / MAYBE / NO
- Emotional numbing or being less emotionally available YES / MAYBE / NO
- Preoccupation with substance use or compulsive use YES / MAYBE / NO
- Spending too much money on alcohol or drugs YES / MAYBE / NO
- Being suspicious of others or not trusting for no good reason YES / MAYBE / NO
- Feeling anger, resentment, frustration, and other negative emotions YES / MAYBE / NO
- Low motivation or fatigue YES / MAYBE / NO
- Social anxiety or isolation YES / MAYBE / NO
- Unreliability or difficulty completing responsibilities at work or home YES / MAYBE / NO
- Not coming home or being late often YES / MAYBE / NO
- Missing work or being late often due to substance use or hangovers YES / MAYBE / NO
- Being less helpful than before or not taking care of responsibilities YES / MAYBE / NO
- Being unreachable by phone (ignoring calls, phone cut off, phone battery dead)
YES / MAYBE / NO
- Changes in priorities YES / MAYBE / NO

(continued)

EXERCISE 2F: REFLECTING ON YOUR SUBSTANCE ABUSE AND ADDICTION HISTORY *(continued)*

- Selfishness YES / MAYBE / NO
- Lying or being dishonest YES / MAYBE / NO
- Breaking promises, intentionally or unintentionally YES / MAYBE / NO
- Being easily distracted or having trouble focusing YES / MAYBE / NO
- Stealing or being financially irresponsible YES / MAYBE / NO
- Having angry outbursts or trouble controlling your temper YES / MAYBE / NO
- Blaming your substance use or unhappiness on others in your life YES / MAYBE / NO
- Invalidating or dismissing others' concerns about your substance use or addiction
YES / MAYBE / NO
- Becoming aggressive or violent YES / MAYBE / NO
- Feeling guilty or ashamed YES / MAYBE / NO
- Hiding, isolating, withdrawing, or avoiding others YES / MAYBE / NO
- Fewer positive interactions with others YES / MAYBE / NO
- Low self-esteem or feeling worthless YES / MAYBE / NO
- Mood swings, irritability, and difficulty controlling emotions YES / MAYBE / NO
- Feeling disconnected and alone YES / MAYBE / NO
- Feeling sick or physically unwell YES / MAYBE / NO
- Cravings or intrusive thoughts about substances YES / MAYBE / NO
- Not following through with addiction treatment and recovery plans YES / MAYBE / NO
- Becoming manipulative or making threats to get your way YES / MAYBE / NO
- Claiming others overreact to your substance use YES / MAYBE / NO
- Other: _____
- Other: _____
- Other: _____

EXERCISE 2G: ***Identifying Ways Your Substance Abuse Has Impacted Your Relationships***

Based on the substance-related consequences and behaviors you identified in Exercise 2F, how have your relationships been impacted by your substance abuse? Below is a list of common ways relationships change due to substance abuse and addiction. Which of these apply to specific relationships in your life? It may be helpful to look back at your social network map (Exercise 2C) for this exercise.

- Worsening patterns of frequent arguments, fights, or misunderstandings
YES / MAYBE / NO
- Growing emotional distance or detachment YES / MAYBE / NO
- Damage to trust or even a complete lack of trust YES / MAYBE / NO
- Increased anger, resentment, frustration YES / MAYBE / NO
- Increased threats, ultimatums, or bargaining attempts YES / MAYBE / NO
- Fewer positive interactions or emotions YES / MAYBE / NO
- Reduction in emotional or physical intimacy YES / MAYBE / NO
- Being expected to fail in recovery or disappoint loved ones YES / MAYBE / NO
- Not being included in social gatherings or important decisions YES / MAYBE / NO
- Difficulty working together toward mutual goals YES / MAYBE / NO
- Feeling like you're in a competition or battle instead of working together as a team
YES / MAYBE / NO
- Less interest in spending time together YES / MAYBE / NO
- Unequal responsibilities or power in the relationship YES / MAYBE / NO
- Losing certain rights, responsibilities, or privileges because of your substance use
YES / MAYBE / NO
- Increased aggression, hostility, or violence YES / MAYBE / NO
- Saying hurtful things that you later regret YES / MAYBE / NO
- Guilt and shame YES / MAYBE / NO
- Patterns of dishonesty or avoidance YES / MAYBE / NO
- Feeling disconnected from others even when you're with them YES / MAYBE / NO
- Repetitive cycles of apologies, commitments, and broken promises YES / MAYBE / NO
- Attempts by others to control your behavior or prevent your substance use
YES / MAYBE / NO
- Relationship distress triggering cravings or increasing the risk of substance use
YES / MAYBE / NO
- Substance use becoming a weapon in a relationship (e.g., being used to retaliate against the other person or as a way to assert your independence) YES / MAYBE / NO
- Other: _____

EXERCISE 2H: *Acknowledging Myths and Unexpected Distress*

How has your addiction recovery led to unexpected relationship difficulties?

How have you seen the myths discussed in this chapter play out in your life?

Have you been disappointed by the reactions of loved ones? Or have you noticed that some of their support efforts make your addiction recovery a bit harder? If so, how?

Have loved ones expressed disappointment in your recovery progress? Have they had unrealistic expectations about your recovery? If so, how?

EXERCISE 21: *Practicing Patience, Empathy, and Consistency*

Think about some of the recent relationship challenges you've faced. Do you notice times when you have been impatient or inconsistent? When?

How could you cope with those feelings differently and demonstrate more patience and consistency in your relationships?

How can you express empathy for your loved ones at this point in your relationship recovery? Which parts of your relationship are they struggling with? How can you demonstrate your empathy or validate their experience?

CHAPTER REFLECTION

What are the **top three** most important things you learned from this chapter?

1. _____
2. _____
3. _____

How is your recovery going right now?

Very badly Not so great Okay Pretty good Great!

How are your relationships going right now?

Very badly Not so great Okay Pretty good Great!

What has been harder in your relationships than expected?

What is changing in a positive way with your relationships and your recovery?

How have you been applying the knowledge and relationship skills you're learning in this workbook?

Based on what you learned in this chapter, how are you going to use new relationship knowledge and skills to support your addiction and relationship recovery efforts?

EXERCISE 3A: *Exploring the Dimensions of Your Motivation to Improve Your Relationships*

For this exercise, think about your motivation to focus on repairing relationships that have been damaged by your substance abuse and addiction, and then your motivation for wanting to improve your relationship skills overall. It may be helpful to look back at your social network map from Chapter 2 and your personal relationship goals from Chapter 1.

How important is it for you to focus on repairing damaged relationships at this point in your life?

1	2	3	4	5	6	7	8	9	10
Not at all important		Somewhat important		Moderately important		Very important		Extremely important	The most important thing in my life right now

Why did you select that rating instead of a lower one?

How ready are you to focus on repairing damaged relationships at this point in your life?

1	2	3	4	5	6	7	8	9	10
Not at all ready		Somewhat ready		Moderately ready		Very ready		Extremely ready	I'm already working on this

Why did you select that rating instead of a lower one?

How confident are you that you will succeed in repairing damaged relationships at this point in your life?

1	2	3	4	5	6	7	8	9	10
Not at all confident		Somewhat confident		Moderately confident		Very confident		Extremely confident	I'm completely sure I'll be totally successful

Why did you select that rating instead of a lower one?

(continued)

EXERCISE 3A: YOUR MOTIVATION TO IMPROVE YOUR RELATIONSHIPS *(continued)*

How important is it for you to focus on improving your relationship skills at this point in your life?

1	2	3	4	5	6	7	8	9	10
Not at all important		Somewhat important		Moderately Important		Very Important		Extremely important	The most important thing in my life right now

Why did you select that rating instead of a lower one?

How ready are you to focus on improving your relationship skills at this point in your life?

1	2	3	4	5	6	7	8	9	10
Not at all ready		Somewhat ready		Moderately ready		Very ready		Extremely ready	I'm already working on this

Why did you select that rating instead of a lower one?

How confident are you that you will succeed in improving your relationship skills at this point in your life?

1	2	3	4	5	6	7	8	9	10
Not at all confident		Somewhat confident		Moderately confident		Very confident		Extremely confident	I'm completely sure I'll be totally successful

Why did you select that rating instead of a lower one?

Looking at patterns in your answers, which areas are rated lower than the others? How do these dimensions of motivation impact your ability to devote energy and attention to making these changes?

Cognitive Restructuring

If you can learn to *change* or *correct* the cognitive distortions that make you feel discouraged, your feelings and motivation will change too. Cognitive restructuring is a method of changing your thoughts from problematic/distorted thoughts to more balanced and helpful thoughts. The simplest way to do that is to look for one way that a particular thought is inaccurate if you really consider the evidence. Once you see even one example of the way the thought isn't 100% true, it becomes less powerful. This process can be expanded to a series of steps that can help you change your problematic thought patterns that could impede your motivation for relationship recovery.

Five Steps for Cognitive Restructuring

1. **Identify** the cognitive distortion—what do you hear in your head?
2. Consider the **evidence that supports** the thought.
3. Consider the **evidence that does not support** the thought.
4. **Balance** that evidence to create a more accurate and balanced thought.
(Example: "Although I feel _____, that isn't always true because _____.")
5. **Replace** the distorted thought with the balanced thought each time you notice it and then notice the change to your emotional response.

See the Resources for more detail on cognitive restructuring.

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EXERCISE 3B: *Identifying and Addressing Your Barriers to Relationship Recovery*

Being aware of your barriers will help you face them and find a way to stay motivated when they present themselves.

Think about the barriers you experience that make it more difficult for you to focus on relationship recovery as part of your addiction recovery. What holds you back? What gets in the way? What competes for your attention and effort?

Have others discouraged you from working on your relationships as part of your addiction recovery? Who? How? What can you do to address those situations?

Have loved ones been resistant or unwilling to engage in relationship recovery efforts? How can you ask for their involvement? Or can you instead focus on improving your relationship skills without their direct involvement at this point?

How do stigma, shame, and resentment impact your motivation to work on rebuilding relationships? Write down a few examples of situations or thoughts that produce shame or resentment for you that could make it more difficult to work on your relationships.

(continued)

EXERCISE 3B: YOUR BARRIERS TO RELATIONSHIP RECOVERY *(continued)*

How can you balance humility and confidence to address feelings of shame, stigma, or resentment and reactions from others that negatively impact your motivation to work on relationship recovery? List a few ways to be humble in your relationships while maintaining self-respect.

How is your motivation for relationship recovery impacted by your difficulty coping with unpleasant thoughts and feelings? What skills help you cope in healthy ways? How can you improve those skills so that you are better able to tolerate the difficult parts of relationship recovery?

How do cognitive distortions impact your motivation to work on your relationship recovery? How can you apply cognitive restructuring to address specific distorted thoughts that impair your motivation? Try walking through the steps of cognitive restructuring in the box on page 47 to address a specific thought barrier.

Do you think that relationship recovery seems like too much hard work at this point in your addiction recovery? What in particular seems so daunting?

EXERCISE 3C: *Ways That Relationships Can Improve*

Below is a list of ways that relationships and relationship skills can improve when you focus on relationship recovery. Which of these are you hoping to see in your life?

- Better communication YES / MAYBE / NO
- Fewer arguments and misunderstandings YES / MAYBE / NO
- More emotional intimacy YES / MAYBE / NO
- More physical intimacy YES / MAYBE / NO
- Better understanding of each other YES / MAYBE / NO
- Being able to meet each other's needs YES / MAYBE / NO
- Feeling more supported and being able to support others more consistently YES / MAYBE / NO
- Having more balanced and healthy boundaries with others YES / MAYBE / NO
- Feeling more comfortable expressing your feelings, thoughts, and needs to others YES / MAYBE / NO
- Being trusted more completely YES / MAYBE / NO
- Being given appropriate responsibilities YES / MAYBE / NO
- Having more equality in decisions, responsibilities, and freedoms YES / MAYBE / NO
- Being included more in social gatherings and important decisions YES / MAYBE / NO
- Building self-confidence and improving your sense of self-worth YES / MAYBE / NO
- Receiving more addiction recovery support that actually meets your needs YES / MAYBE / NO
- Feeling less alone and more socially fulfilled YES / MAYBE / NO
- Other: _____

Some days your motivation and commitment to repairing damaged relationships is going to be a bit low, and you may feel like giving up. When you feel like that, come back to this exercise to remind yourself of the most important reasons your damaged relationships are worth fighting for. It may be helpful to go back to the relationship goals you established in Chapter 2.

What are the most powerful reasons that you want to work on relationship recovery? How could the relationship improvements you hope to see improve your addiction recovery and quality of life?

EXERCISE 3D: **Decisional Balance Exercise**

Many of us are used to listing pros and cons when trying to make a decision, but that type of list ignores some of the barriers that impact our motivation and commitment to a decision. This exercise will help you identify pros and cons on each side of the decision to focus on repairing damaged relationships. Being honest with yourself on this exercise will help you better understand why you want to work on your relationship recovery and what may get in the way. This can help you decide whether or not this is a worthwhile journey at this point in your life.

What do you think will be better if you focus on repairing relationships at this point in your addiction recovery?	What do you think will be worse or harder if you focus on repairing relationships at this point in your addiction recovery?
What do you think will be better if you delay focusing on repairing relationships until a later point in your addiction recovery?	What do you think will be worse or harder if you delay focusing on repairing relationships until a later point in your addiction recovery?

EXERCISE 4A: ***Identifying Unhealthy Aspects of Relationships***

Circle *yes*, *no*, or *maybe* to indicate whether you've experienced each of the unhealthy relationship patterns listed below. You can choose to answer based on general relationship patterns in your life or with a particular relationship in mind.

- You feel insecure and weak around the other person because of how you are treated.
YES / MAYBE / NO
- The other person preys on your insecurities or throws things in your face to hurt you.
YES / MAYBE / NO
- You suffer from low self-esteem or feelings of worthlessness as a result of what happens in the relationship. YES / MAYBE / NO
- You feel bad or embarrassed about the way you treat the person or the way you act around him or her. YES / MAYBE / NO
- You are dishonest with each other. YES / MAYBE / NO
- There is constant score keeping or trying to one-up each other. YES / MAYBE / NO
- There are unrealistic or unequal expectations in the relationship. YES / MAYBE / NO
- You spend more time feeling hurt than feeling good about how you treat each other.
YES / MAYBE / NO
- You find yourself complaining to others or yourself about the relationship.
YES / MAYBE / NO
- You are unable to talk about your feelings or problems with the other person.
YES / MAYBE / NO
- You are unable to resolve your differences together or compromise in a balanced way.
YES / MAYBE / NO
- You become unenthusiastic about life because of what goes on between you and the other person. YES / MAYBE / NO
- Your trust is broken beyond repair. YES / MAYBE / NO
- Seemingly small issues erode your relationship. YES / MAYBE / NO
- You have stopped making the small loving/caring gestures you once did.
YES / MAYBE / NO

(continued)

EXERCISE 4A: IDENTIFYING UNHEALTHY ASPECTS OF RELATIONSHIPS *(continued)*

- Resentment and bitterness have grown over time. YES / MAYBE / NO
- All you have in common is substance use or finances. YES / MAYBE / NO
- There is no communication or poor communication, you ignore each other, or you talk without really saying much. YES / MAYBE / NO
- Your relationship has been filled with broken promises, frequent disappointments, and failed commitments. YES / MAYBE / NO
- You feel persistently taken for granted, unsupported, or exploited in the relationship. YES / MAYBE / NO
- You compete with, manipulate, or play head games with each other. YES / MAYBE / NO
- There is physical violence or physically intimidating behavior. YES / MAYBE / NO
- There is emotional or verbal abuse. YES / MAYBE / NO
- There are emotionally abusive or coercive behaviors, including financial abuse/exploitation and digital abuse. YES / MAYBE / NO
- There is sexual abuse/coercion or reproductive coercion. YES / MAYBE / NO
- Your relationship is marked by emotional distance, and by feeling alone when you are with each other. YES / MAYBE / NO
- You try to drive the other person away so you don't have to leave. YES / MAYBE / NO
- You view the relationship as punishment for things you've done. YES / MAYBE / NO
- You view staying in the relationship as a debt you owe for the person's past support. YES / MAYBE / NO
- You know the relationship has really unhealthy patterns but think that it's the best you deserve or are going to find. YES / MAYBE / NO
- You engage in people-pleasing or putting other people's needs over your own. YES / MAYBE / NO
- You focus on the negative and have trouble seeing the positive parts of the relationship. YES / MAYBE / NO
- Other: _____

EXERCISE 4B: *Identifying Healthy Aspects of Relationships*

Which of the following aspects of healthy relationships do you recognize in your relationships? You can choose to answer based on general relationship patterns in your life or with a particular relationship in mind.

- Both people demonstrate respect and care for each other. YES / MAYBE / NO
- There is a sense of compatibility. YES / MAYBE / NO
- There is collaboration and cooperation toward a common goal or interest. YES / MAYBE / NO
- There is mutual trust, honesty, and openness. YES / MAYBE / NO
- There is a sense of security—you know the other person is supportive and will help you when needed. YES / MAYBE / NO
- Both people feel comfortable expressing their insecurities or vulnerabilities, without fear that the other person will use it in a hurtful way. YES / MAYBE / NO
- Both people enjoy their time together and their time alone. YES / MAYBE / NO
- There is a balance of interdependence and independence. YES / MAYBE / NO
- Both people feel safe and secure together, physically and emotionally. YES / MAYBE / NO
- Personal boundaries are mutually understood and respected. YES / MAYBE / NO
- There is an appropriate level of intimacy. YES / MAYBE / NO
- There is a healthy balance of personal space and closeness. YES / MAYBE / NO
- Both people encourage each other to pursue personal goals, interests, and growth. YES / MAYBE / NO
- Both people provide support and comfort during hard times. YES / MAYBE / NO
- Both people can express their thoughts and feelings comfortably. YES / MAYBE / NO
- They make time to be together. YES / MAYBE / NO
- They are able to solve problems together. YES / MAYBE / NO
- They are able to communicate effectively. YES / MAYBE / NO
- Both people get their own needs met while respecting the needs of the other person. YES / MAYBE / NO
- The relationship is flexible and adapts to fill the needs of both people. YES / MAYBE / NO
- They inspire each other to pursue their goals and fulfill their dreams. YES / MAYBE / NO
- They think the other person makes their life better. YES / MAYBE / NO
- Each person brings something positive to the relationship. YES / MAYBE / NO
- Both are willing to make occasional sacrifices for the relationship or the other person. YES / MAYBE / NO
- There is a feeling of balance and equality felt by both people. YES / MAYBE / NO
- Other: _____

EXERCISE 4C: *Identifying Healthy and Unhealthy Relationships in Your Life*

Take a look back at your social network map in Chapter 2. For each person listed, consider whether your relationship with that person has aspects that are unhealthy, healthy, or both.

Which relationships in your social network map have mostly unhealthy aspects?

Which relationships in your social network map have mostly healthy aspects?

Which relationships in your social network map have a fairly equal mixture of unhealthy and healthy aspects?

EXERCISE 5A: ***Personal Communication Difficulties***

Before you start working on improving your communication skills, it's helpful to explore your personal communication difficulties. You may want to look back at your social network map as you think about the questions below.

Who in your life do you think you have communication problems with?

What kinds of lack of communication patterns do you see in your life?

What kinds of unintentional miscommunication do you see in your life?

What kinds of responding from defensiveness do you see in your life?

What topics do you find most difficult to communicate about with people in your life? Why do you think those topics are so hard to discuss?

Have other people told you that you have trouble communicating? If so, who? And what types of communication problems do you think they were thinking about?

EXERCISE 5B: *Identifying Addiction and Recovery Impacts on Communication*

How have your communication patterns been impacted by substance use or addiction? Do you have a history of changing the ways you interact with others when you're using? How?

How have these substance-related communication changes impacted your current communication patterns with your loved ones? Do you see times when your loved ones are anxious about your sobriety because of the ways you're communicating or not communicating?

How do you respond when people fish or ask directly for information about your recovery? How much do you discuss your recovery progress or setbacks without being asked?

EXERCISE 5C: *Elements of Unhealthy Communication*

Below is a list of unhealthy communication patterns that often impact relationships for people in addiction recovery. It might be hard to recognize these patterns in yourself at first, but remember that honest self-reflection is critical for personal growth and recovery. For each of these aspects of unhealthy communication, select whether you often, sometimes, or rarely engage in these, intentionally or unintentionally.

- Using disrespectful tone or mannerisms OFTEN / SOMETIMES / RARELY
- Using specific words that are provocative, confrontational, or inflammatory
OFTEN / SOMETIMES / RARELY
- Not listening to or ignoring the other person on purpose OFTEN / SOMETIMES / RARELY
- Pretending to listen just to appease the other person OFTEN / SOMETIMES / RARELY
- Withholding communication out of resentment or as punishment
OFTEN / SOMETIMES / RARELY
- Interrupting the other person OFTEN / SOMETIMES / RARELY
- Picking fights or starting arguments to get time to yourself OFTEN / SOMETIMES / RARELY
- Yes-butting or invalidating the other's statements OFTEN / SOMETIMES / RARELY
- Being uncompassionate or cold to the other person OFTEN / SOMETIMES / RARELY
- Not valuing what the other person says but humoring him or her
OFTEN / SOMETIMES / RARELY
- Generalizing or exaggerating (e.g., "You always," "You never")
OFTEN / SOMETIMES / RARELY
- Escalating quarrels or arguments OFTEN / SOMETIMES / RARELY
- Eye-rolling or other dismissive body language OFTEN / SOMETIMES / RARELY
- Emotionally or verbally abusive language OFTEN / SOMETIMES / RARELY
- Threatening self-harm or suicide OFTEN / SOMETIMES / RARELY

(continued)

EXERCISE 5C: ELEMENTS OF UNHEALTHY COMMUNICATION *(continued)*

- Threatening harm to others OFTEN / SOMETIMES / RARELY
- Statements that the person is worthless, undeserving of love, or should self-harm
OFTEN / SOMETIMES / RARELY
- Never taking a time-out or getting feedback during an argument
OFTEN / SOMETIMES / RARELY
- Insulting, personally attacking, or continually criticizing each other
OFTEN / SOMETIMES / RARELY
- Dumping your complaints all at once or piling on criticisms that are unrelated
OFTEN / SOMETIMES / RARELY
- Score keeping and one-upping each other OFTEN / SOMETIMES / RARELY
- Character assassination or name-calling OFTEN / SOMETIMES / RARELY
- Using labels or comparisons that you know will offend OFTEN / SOMETIMES / RARELY
- Challenging the other person's honor, intentions, or character
OFTEN / SOMETIMES / RARELY
- Intentionally pushing buttons or using insecurities as weapons
OFTEN / SOMETIMES / RARELY
- Using emotional or physical intimidation to get the upper hand
OFTEN / SOMETIMES / RARELY
- Constantly blaming each other and not taking personal responsibility
OFTEN / SOMETIMES / RARELY
- Mind reading and making assumptions OFTEN / SOMETIMES / RARELY
- Silent treatment, stonewalling, standoff routine, or stuffing your feelings
OFTEN / SOMETIMES / RARELY
- Storming out without taking a time-out OFTEN / SOMETIMES / RARELY
- Other: _____
- Other: _____

EXERCISE 5D: *Healthy Communication Strategies*

Below is a list of healthy communication strategies that could have a positive impact on your relationship and addiction recovery. For each one, indicate whether you consistently use the strategy, use it sometimes, or rarely use it. For strategies that you sometimes or rarely use, how can you help yourself remember to practice and use them more consistently?

In your communication with others, how often do you:

- Remember to be collaborative instead of defensive or confrontational?
CONSISTENTLY / SOMETIMES / RARELY
- Listen to the other person without interrupting and take turns talking?
CONSISTENTLY / SOMETIMES / RARELY
- Respond to the submessages directly? CONSISTENTLY / SOMETIMES / RARELY
- Reflect back your understanding of the other person's statements to make sure you interpreted them correctly? CONSISTENTLY / SOMETIMES / RARELY
- Reflect back your interpretation of body language or tone?
CONSISTENTLY / SOMETIMES / RARELY
- Validate the other person's thoughts and feelings? CONSISTENTLY / SOMETIMES / RARELY
- When relevant, acknowledge the impact of your addiction or past behaviors?
CONSISTENTLY / SOMETIMES / RARELY
- Reflect back your interpretation of the other person's emotional response?
CONSISTENTLY / SOMETIMES / RARELY
- Avoid jumping into problem-solving mode right away, holding back your advice or suggestions until the person has finished venting? CONSISTENTLY / SOMETIMES / RARELY
- Avoid assuming the other person knows how you feel or think and tell the person directly instead? CONSISTENTLY / SOMETIMES / RARELY
- Calmly correct any misunderstandings, being specific?
CONSISTENTLY / SOMETIMES / RARELY
- Behave politely and respectfully even when angry? CONSISTENTLY / SOMETIMES / RARELY
- Use "I" statements instead of "You" statements? CONSISTENTLY / SOMETIMES / RARELY
"I feel _____ when you _____. If you would _____, then I would _____."
- Provide a possible solution or options for ways to address the topic of discussion?
CONSISTENTLY / SOMETIMES / RARELY

(continued)

EXERCISE 5D: HEALTHY COMMUNICATION STRATEGIES *(continued)*

- Use time-outs or breaks appropriately? CONSISTENTLY / SOMETIMES / RARELY
Clearly state the purpose and duration of the break as well as the plan to continue the discussion at the end of the break.
- Use the sandwich technique to reduce defensiveness when stating complaints?
CONSISTENTLY / SOMETIMES / RARELY
- Deal with small issues when they come up instead of letting things pile up until you explode? CONSISTENTLY / SOMETIMES / RARELY
- Stay focused on the present, not piling on with complaints from the distant past?
CONSISTENTLY / SOMETIMES / RARELY
- Have a goal for every complaint and an end point to each argument?
CONSISTENTLY / SOMETIMES / RARELY
- Expect to compromise to solve the problem or conflict?
CONSISTENTLY / SOMETIMES / RARELY
- Accept responsibility for your part of the situation or conflict?
CONSISTENTLY / SOMETIMES / RARELY
- Lead by example—sticking to good communication skills even when the other person is resorting to hurtful tactics? CONSISTENTLY / SOMETIMES / RARELY
- Recognize personal clues that tell you a time-out or break is needed?
CONSISTENTLY / SOMETIMES / RARELY
- Take time to formulate your thoughts and responses when you're getting distressed?
CONSISTENTLY / SOMETIMES / RARELY
- Find ways to respectfully express your thoughts, feelings, and reactions?
CONSISTENTLY / SOMETIMES / RARELY
- Express yourself by being assertive, not submissive, passive, passive-aggressive, or aggressive CONSISTENTLY / SOMETIMES / RARELY
- Calmly point out unhealthy communication to others, not getting drawn into drama?
CONSISTENTLY / SOMETIMES / RARELY
- Make sure your intent equals the impact so that what you say equals what the other person hears? CONSISTENTLY / SOMETIMES / RARELY
- Other: _____

How can you help yourself remember those strategies that you only sometimes or rarely use?

Examples of Invalidating and Validating Behaviors and Statements

Invalidating	Validating
<ul style="list-style-type: none"> • Ignoring • Minimizing • Judging • Being critical • Being overly positive or trying to force a positive spin on things • Trying to change the person's experience • Walking away from a discussion • Attacking or counterattacking • Displaying dismissive or disrespectful body language • Jumping right into problem-solving mode • Overidentifying in a way that minimizes the person's unique experience • Changing the topic or starting to share your own experience before the person is finished telling his story • "You've been through worse." • "It's not that big a deal." • "Stop being so negative; it will work out!" • "I know exactly how you feel." • "Just get over it; that's the past." • "Your luck is bound to change soon." • "Don't think about it that way; just focus on the happy parts of your life." • "I don't care how hard your week was, I still need you to stay sober." • "I don't need to hear another one of your excuses." • "Lots of people do way worse things that I have." • "It's not like I go to the bar every day like other people do." • "Plenty of people have worse things happen to them and still stay sober." 	<ul style="list-style-type: none"> • Being attentive and compassionate • Showing understanding • Being nonjudgmental • Accepting someone's experience as is • Encouraging with empathy • Acknowledging the uniqueness of the situation • Finding a rationale for the experience and stating, "Of course it makes sense that you would . . ." • Engaging and expressing compassion without trying to change the situation • Using calm and compassionate body language • "I'm so sorry you're going through this." • "Wow, that seems really hard." • "Of course you're having a hard time; look at everything you're going through." • "I bet it's hard to be positive right now, but can you see any way for things to get better?" • "I can only imagine how bad that feels." • "I've had times of pretty deep depression in my life, but I know that your situation isn't exactly the same." • "That's not exactly how I remember that time in our lives, but I can see that your experience was much different than mine, and I'm so sorry about how it affected you." • "I'm pretty frustrated by your relapse, but I know things have been really tough for you and I see how hard you're working on your recovery." • "I've also had times in the past when I really didn't see how things could get better." • "I totally understand your reaction given our past, and it makes sense that it would be hard to let that go."

EXERCISE 6A: ***Validation Opportunities***

Think about the opportunities you have to practice validation in your life. For these questions, it may be helpful to look back at your social network map.

How often are the people in your life critical of you? What do they say or do that makes you feel unseen, unheard, or misunderstood? These are opportunities for you to ask for validation from others.

Identify two situations in which you can use the strategies discussed in this chapter to request validation from others. Be specific: what specifically will you say?

Who in your life could use your validation? Who do you think may feel unseen, unheard, or misunderstood by you? These are opportunities for you to validate others.

Identify two situations in which you can use the strategies discussed in this chapter to express validation to someone in your life. Be specific: what will you do or say?

EXERCISE 6B: *Providing and Seeking Validation*

This exercise will help you practice ways that you can provide and seek validation. For each scenario, write how you would frame the message in a way that respectfully provides or seeks validation. If you get stuck, review this chapter and the list of invalidating and validating statements and behaviors on page 93.

Scenario: You have a recovery setback—you have a few drinks (or use drugs) and are really worried about how your loved ones will respond.

What you would like to validate: Your loved ones' frustration/disappointment/concern.

Validating statement:

Scenario: You lose track of time at work and don't realize that your phone is on silent. Once you see the time, you realize you were supposed to be home 30 minutes ago for a family gathering. You also see that you've missed several calls and text messages from your family.

What you would like to validate: Your loved ones' frustration, anger, disappointment, and likely worries about your sobriety.

Validating statement:

Scenario: Your friends hide alcohol and their drinking when you're around, which makes you feel like they don't trust your self-control or sobriety.

What you would like to be validated: Your recovery progress and ability to be around alcohol without drinking.

Statement seeking validation:

(continued)

EXERCISE 6B: PROVIDING AND SEEKING VALIDATION *(continued)*

Scenario: Your partner or family member checks up on you multiple times per day, often fabricating reasons for calling to check on your sobriety.

What you would like to be validated: Your recovery progress and your ability to reach out for help if you need it.

Statement seeking validation:

Other personal scenario to provide validation:

What you would like to validate:

Validating statement:

Other personal scenario to seek validation:

What you would like to be validated:

Statement seeking validation:

EXERCISE 7A: ***Identifying Personal Patterns of Dishonesty***

The first step in the journey toward a more honest life is to evaluate your personal patterns of dishonesty. During this exercise, think about the past and the present. It may help to look at your social network map, and you can download this exercise for additional space or use these questions as journaling prompts.

In the past, why have you been dishonest with people in your life? Looking back, what do you think you were trying to accomplish with your dishonesty?

In the present, when and why do you find yourself being dishonest or having the impulse to be dishonest? What topics are most likely to lead to dishonesty? What do you think you're trying to avoid or accomplish with your dishonest responses?

How have your substance use and addiction led to dishonesty?

Do you think you accurately see the impact of your substance use and addiction on the people in your life? Or do you think you may be minimizing some of it?

Do you think you accurately see the relationship issues in your life? Or do you think you may be minimizing some of them?

Who in your life do you have the most difficulty being honest with? Why?

How are your recovery efforts impacting your patterns of dishonesty?

EXERCISE 7B: *Honesty Challenges*

Are there certain topics you find it particularly difficult to be honest about with others? With yourself? Why?

Thinking about the reasons discussed in this chapter, what do you think gets in the way of your being honest with yourself? What do you fear would happen if you were fully honest with yourself?

Thinking about the reasons discussed in this chapter, what do you think gets in the way of your being honest with others? What do you fear would happen if you were more honest with others?

EXERCISE 7C: *Daily Self-Reflection and Honesty Journal*

Each day, find time to ask yourself these questions to improve your self-reflection and honesty routine. You can write about the answers, just think about them, or discuss them with a trusted person.

How am I doing emotionally?

How well am I staying on my recovery path? Am I slipping from it in any way?

How did I do facing my challenges today?

What was harder than expected?

What did I do well today?

(continued)

EXERCISE 7C: DAILY SELF-REFLECTION AND HONESTY JOURNAL *(continued)*

Was I completely honest with myself today? If not, how was I dishonest with myself?

What dishonest impulses did I face today? Was I dishonest with anyone? What motives or internal stories were related to those instances?

Was I appropriately honest with others today? Or did I disclose too much or provide unnecessary commentary? If so, about what and why? What motives or internal stories were related to those choices?

How did I seek feedback from a trusted person today? What did I learn from that feedback?

What did I learn about myself, my relationships, or the world today?

EXERCISE 8A: *Exploring Trust*

Who are the people in your life that you trust the most?

What characteristics or behaviors do these most trusted people have in common? What do they say or do that makes you trust them?

Looking at those common characteristics or behaviors, how do you personally determine whether or not you can trust someone?

Do you tend to trust people until they give you a reason not to? Or do people need to earn your trust from the outset?

How do your cultural beliefs, personal experiences, personality, or mental health struggles impact your ability to trust others?

Do you think your expectations for trust are realistic, or have your past traumas and experiences made your expectations hard to meet in the real world?

EXERCISE 8B: *Personal Patterns That Damaged Trust*

Being able to identify ways that trust has been damaged in your relationships is a critical step for rebuilding it. During times when you're struggling with your addiction, using substances, or struggling with your recovery:

- Are you unreliable or undependable? YES / MAYBE / NO
- Do your actions often not match your words or promises? YES / MAYBE / NO
- Are you less available and engaged? YES / MAYBE / NO
- Do you have trouble remembering or taking care of your responsibilities?
YES / MAYBE / NO
- Do you sometimes make irresponsible decisions that impact others? YES / MAYBE / NO
- Do you sometimes expose others to dangerous situations or people? YES / MAYBE / NO
- Do you drive yourself or loved ones while impaired by alcohol or drugs? YES / MAYBE / NO
- Does your spending on alcohol or drugs lead to financial distress for your loved ones?
YES / MAYBE / NO
- Do others have to pick up your slack? YES / MAYBE / NO
- Are you often hard to reach? YES / MAYBE / NO
- Are you late often or do you miss important events? YES / MAYBE / NO
- Have you engaged in behaviors that are emotionally abusive or hurtful to others?
YES / MAYBE / NO
- Have you engaged in behaviors that are physically abusive or threatening to others?
YES / MAYBE / NO
- Do you manipulate others to get your way or take advantage of them? YES / MAYBE / NO
- Do you sometimes behave in ways that embarrass your loved ones? YES / MAYBE / NO
- Have you been unfaithful or violated other relationship rules? YES / MAYBE / NO
- Are you sometimes unable to meet your financial obligations? YES / MAYBE / NO
- Are you sometimes unable to meet your caretaking responsibilities? YES / MAYBE / NO

(continued)

EXERCISE 8B: PERSONAL PATTERNS THAT DAMAGED TRUST *(continued)*

Reflect on the questions above, and think about your behaviors in recovery. How have your actions, during periods of substance abuse or sobriety, suggested to others that you are unreliable, undependable, or untrustworthy?

Looking back at your social network map, in which relationships has trust been damaged or broken? With whom are you trying to rebuild trust at this point in your recovery?

Which relationship rules have you broken in the past? Be specific here—look back at your social network map and list names of people and specific relationship rules you broke in each relationship.

How have your recovery setbacks, and the way you discussed them with others, impacted trust in your relationships?

Moving forward, how can you address recovery setbacks more honestly in ways that could minimize the damage to trust in your relationships?

Reasonable versus Unreasonable Limitations

Reasonable limitations

- Checking in more frequently
- Permitting loved ones to locate your phone with GPS, particularly if they can't reach you and are worried about your safety
- Making a commitment not to let your phone battery die and to respond to calls and messages in a timely manner
- Answering questions about your sobriety, recovery progress, or recovery setbacks
- In some circumstances, agreeing to alcohol or drug testing
- In some instances, allowing a loved one to count your medications or observe you taking them
- Developing a structured recovery plan or recovery contract and sharing it with select loved ones
- Demonstrating that you are engaged in your recovery plan, such as showing that you have been attending recovery activities or taking your medications as prescribed
- Accepting more oversight in financial decisions, maybe even having limited access to accounts or credit cards until you have shown you aren't buying alcohol or drugs
- Being home by a certain time or checking in if you are going to be late
- Not spending time with people you used to use with
- In some instances, being asked to live somewhere else until you demonstrate that your substance abuse or other hurtful behaviors aren't threats to a safe and peaceful home
- Having limited access to vehicles if you have a history of driving impaired
- Voluntarily installing a breathalyzer in your vehicle if you have a history of driving impaired
- Not caring for young children without supervision until you have demonstrated your sobriety and ability to make safe caretaking choices

Unreasonable limitations

- Being consistently monitored by GPS long into your sobriety
- Being denied access to a phone
- Being asked about your sobriety multiple times throughout the day long into your sobriety
- Loved ones asking for detailed reports from your treatment team or sponsor
- Being asked to give details about exactly what you discuss with your treatment team or sponsors
- Being asked to permanently give up custody of your children when you have not engaged in behaviors that were damaging or dangerous to them directly
- Being asked to publicly humiliate yourself as punishment for your past
- Being required to disclose private information about your substance use or addiction to people who don't need to know
- Being asked to prove you're sorry for your past by disclosing your wrongdoings to others who were not directly affected

EXERCISE 8C: *Strategies for Rebuilding Trust*

Remember that rebuilding trust takes more than just time and apologies. Consistent trustworthy action is needed to rebuild trust. Below is a set of questions to help you develop the internal motivation to be trustworthy, followed by a list of strategies that can help you during the process of rebuilding trust.

Why is it better to be trustworthy even if no one is noticing? How do you feel about yourself when you're making decisions that are honest and authentic?

Which of your personal values and life goals are consistent with being reliably trustworthy?

How can being consistently trustworthy improve your addiction recovery, relationship recovery, and overall quality of life?

How does self-defeating pride show up in your relationships? What types of things do you do or say that are more related to your ego or pride than your relationship goals? At those times, how can you keep your pride from interfering with your efforts to rebuild trust?

(continued)

EXERCISE 8C: STRATEGIES FOR REBUILDING TRUST *(continued)*

How can you respond to others' fishing, unspoken worries, and recovery doubts in ways that will help you rebuild trust? What specifically can you say in those situations?

What can you do to stay focused on rebuilding trust when you're feeling discouraged, frustrated, or resentful with the process?

Below is a list of trust-building strategies. For each one, indicate whether you use the strategy consistently, sometimes, or rarely. For strategies that you sometimes or rarely use, how can you help yourself remember to practice and use them more consistently?

As you're working to rebuild trust in your relationships, how often do you:

- Remind yourself that distrust from others is probably warranted as a response to your past choices and behaviors? CONSISTENTLY / SOMETIMES / RARELY
- Remind yourself that you may have trained others not to trust you, and it takes time to retrain them to trust you? CONSISTENTLY / SOMETIMES / RARELY
- Respond to fishing and unspoken worries in honest and kind ways by providing authentic and compassionate reassurance about your addiction recovery when loved ones seem to need it? CONSISTENTLY / SOMETIMES / RARELY
- Honestly consider and address any worries that you think people in your life have about your choices and behaviors? CONSISTENTLY / SOMETIMES / RARELY
- Humbly and thoughtfully respond at times when your loved ones point out potential recovery dangers? CONSISTENTLY / SOMETIMES / RARELY
- Honestly discuss how your mental health issues may make it seem like you have had a recovery setback when you haven't? CONSISTENTLY / SOMETIMES / RARELY
- Make sure your words match your actions and your actions can back up your words? CONSISTENTLY / SOMETIMES / RARELY
- Remind yourself that you may need to embrace humility, vulnerability, and responsibility for your actions as a way to rebuild trust? CONSISTENTLY / SOMETIMES / RARELY
- Acknowledge the negative impact of your past behaviors on the other person by using validation skills? CONSISTENTLY / SOMETIMES / RARELY

(continued)

EXERCISE 8C: STRATEGIES FOR REBUILDING TRUST *(continued)*

- Make sure you balance taking responsibility for your past with maintaining self-respect in the present so that you can address recovery and reconnection with humility but not shame? CONSISTENTLY / SOMETIMES / RARELY
- Focus your apologies on your past behaviors and choices, not your personal worth or moral character? CONSISTENTLY / SOMETIMES / RARELY
- Keep the confidences of others as you would like them to keep yours?
CONSISTENTLY / SOMETIMES / RARELY
- Put yourself in others' shoes to empathize with them and validate their feelings and fears?
CONSISTENTLY / SOMETIMES / RARELY
- Remind yourself that rebuilding trust is a frustrating process because it takes time and you often don't see results right away? CONSISTENTLY / SOMETIMES / RARELY
- Stick to your goals and get support from other relationships when you're feeling overwhelmed? CONSISTENTLY / SOMETIMES / RARELY
- Practice patience, mood management, and distress tolerance when you're feeling frustrated with the process of rebuilding trust? CONSISTENTLY / SOMETIMES / RARELY
- Notice when self-defeating pride is getting in the way of recovery and reconnection?
CONSISTENTLY / SOMETIMES / RARELY
- Accept reasonable rules and limitations set by others if they're consistent with your past behaviors? CONSISTENTLY / SOMETIMES / RARELY
- Make only commitments and promises that you are reasonably able to keep and take care to not overextend yourself so that you don't risk broken promises?
CONSISTENTLY / SOMETIMES / RARELY
- Remain open and honest about your limitations, abilities, and competing priorities so that you only accept responsibilities you're sure you can manage while staying on track with your recovery? CONSISTENTLY / SOMETIMES / RARELY
- Respond to doubts and worries without becoming defensive?
CONSISTENTLY / SOMETIMES / RARELY
- Try to make trust building a collaborative process by asking others how you can earn their trust? CONSISTENTLY / SOMETIMES / RARELY
- Notice the small signs that trust is returning to a relationship?
CONSISTENTLY / SOMETIMES / RARELY

How can you help yourself remember these strategies that you only sometimes or rarely use?

EXERCISE 9A: *Defining Boundaries*

What is your personal definition of boundaries? How would you explain the concept of interpersonal boundaries to a child?

How do you think that interpersonal boundaries impact your addiction recovery?

How do you think that interpersonal boundaries impact your relationship recovery and efforts to reconnect?

Understanding the Differences in Types of Interpersonal Dynamics

Detached, unsupportive, or harmful	Interdependent or supportive	Codependent or enabling
Too little involvement ← Healthy involvement → Too much involvement		
<ul style="list-style-type: none"> • Cutting off someone completely because of substance use • Withholding affection or support when someone is struggling • Banning someone from contacting others because of substance use • Prohibiting others from contacting the person as punishment • Interfering with someone's ability to meet basic needs during times of substance use • Manufacturing additional consequences for substance use beyond those that would occur naturally • Interfering with or preventing engagement with self-care, protective factors, or recovery activities • Not giving credit to the person for making change if it isn't perfect • Focusing only on your own needs and ignoring or refusing to meet those of the other person • Separation, rejection, insecurity, punishment, and withholding are prominent in the relationship 	<ul style="list-style-type: none"> • Being supportive of someone's recovery efforts without taking responsibility for the person's progress or setbacks • Acknowledging ways that someone impacted your behaviors/choices but taking responsibility for them yourself • Providing support to the other person but being proud of her when she doesn't need your help with something • Allowing natural consequences of substance use to happen • Providing respectful feedback about warning signs, unhealthy behaviors, or high-risk situations • Having collaborative and respectful discussions about important decisions • Encouraging engagement in self-care, protective factors, and recovery activities • Noticing and praising positive behaviors and recovery progress • Striving to meet your own needs and the other person's needs • Support, empathy, compassion, collaboration, and connection are prominent in the relationship 	<ul style="list-style-type: none"> • Taking responsibility for another person's behaviors or choices • Blaming others for your behaviors or choices • Making decisions for others or thinking they are incapable of making decisions without you • Being more comfortable when the other person is overly reliant on you • Feeling good when the other person tries something without your help and struggles/fails at it • Making excuses for someone to cover up for his substance use • Feeling guilty about self-care or feeling the need to get permission for it • Implying the other person is undeserving of or selfish for engaging in self-care • Preventing negative consequences of substance use that would occur naturally • Ignoring your own needs to avoid rejection or criticism from others • Anxiety, insecurity, manipulation, clinging, and efforts to control are prominent in the relationship

EXERCISE 9B: *Noticing Patterns of Enabling, Detachment, and Healthy Support*

Look back at your social network map and think about relationships in your life. Refer back to the box on page 143 for help differentiating between patterns of codependence, detachment, and interdependence.

Which relationships in your life include patterns of enabling or codependence?

What specific behaviors or dynamics are enabling or codependent in those relationships? How do those things impact your addiction and/or recovery?

Which relationships in your life include patterns of detachment, lack of support, or harmful dynamics?

What specific behaviors or dynamics are detaching, unsupportive, or harmful? How do those things impact your addiction and/or recovery?

Which relationships in your life include patterns of healthy support and interdependence?

What specific behaviors or dynamics are appropriately supportive and interdependent? How do those things impact your addiction and/or recovery?

EXERCISE 9C: *Evaluating Interpersonal Boundaries in Your Life*

Now that you have some ideas about types of unhealthy and healthy interpersonal boundaries, it's important to evaluate each of the relationships in your life. Look back at your social network map and pick one relationship for this exercise. You can then go through the same process with other relationships, following the same process.

Which relationship are you evaluating?

How clear are the boundaries in this relationship? What are the ground rules and expectations? What is expected of you? What do you expect of the other person?

What are the iron-clad boundaries that you won't tolerate being violated?

Are there areas where you aren't really sure what the boundaries are?

(continued)

EXERCISE 9C: EVALUATING INTERPERSONAL BOUNDARIES IN YOUR LIFE *(continued)*

What types of unhealthy boundaries have you noticed? Do you see signs of detachment, codependence, or enabling?

How much do your needs get met in the relationship? Which needs aren't getting met?

How much do the other person's needs get met? Which needs aren't getting met?

Do the boundaries allow you adequate time and energy to focus on your addiction recovery and other personal priorities? If not, how does the relationship get in the way of your recovery progress or personal goals?

What do you think your therapist/sponsor/recovery coach or other trusted person would say about your boundaries with this person? Why?

EXERCISE 9D: *What Impacts Your Boundaries?*

How have your substance abuse and addiction affected boundaries in your life?

What situations and experiences in your past have impacted your boundaries in the present?

Are you more prone to boundaries with too much protection or too much connection? Why do you think that is? How does this tendency impact your relationships and quality of life?

How have your boundaries been impacted by fear of rejection or criticism, or by hurtful experiences in the past? Do you have a pattern of people-pleasing? If so, what does that look like for you?

How have your boundaries been impacted by fear or avoidance of intimacy?

EXERCISE 9D: WHAT IMPACTS YOUR BOUNDARIES? *(continued)*

How important is intimacy to you at this point in your life?

What examples of unhealthy boundaries did you observe growing up? What about more recently?

Have you had good role models for healthy boundaries? Who? How did your parents model and set healthy boundaries (with each other and with you)? When you think of a relationship with healthy boundaries, whose relationship do you imagine?

EXERCISE 9E: *Making Boundary Adjustments*

Look back at your social network map and think about who in your life you want to let get closer (loosen the boundaries) and who you want to distance yourself from (strengthen the boundaries).

I think it would be healthier for me and my recovery to strengthen my boundaries with:

I think it would be safe and rewarding for me to loosen my boundaries with:

Now that you've identified some opportunities to improve boundaries in specific relationships, you can figure out how you will do that. Put each of the people listed above on this chart and complete each section. (Examples are given in the first two rows.) Remember to be direct, assertive, and clear, and use healthy communication skills to adjust the boundary problems.

Person	Boundary problem	Specific wanted or unwanted behaviors	How you will request change or try to adjust the boundary
Alex	<u>Need to strengthen</u> Need to loosen Some of both	Keeps making jokes about my recovery in front of others	"I'm sure you're not trying to be hurtful, but I get upset when you make jokes about my recovery. If you keep doing that I won't want to hang out anymore. Please respect that boundary."
Alice	Need to strengthen <u>Need to loosen</u> Some of both	Would like to get closer since we have common interests and she's supportive of my recovery.	Initiate contact with her more regularly. Ask if she would like to grab coffee or go for a hike together. "It was great bumping into you the other day, and I'd love to catch up more. Would you be up for grabbing coffee sometime soon?"

(continued)

EXERCISE 9E: MAKING BOUNDARY ADJUSTMENTS *(continued)*

Person	Boundary problem	Specific wanted or unwanted behaviors	How you will request change or try to adjust the boundary
	Need to strengthen Need to loosen Some of both		
	Need to strengthen Need to loosen Some of both		
	Need to strengthen Need to loosen Some of both		
	Need to strengthen Need to loosen Some of both		
	Need to strengthen Need to loosen Some of both		
	Need to strengthen Need to loosen Some of both		
	Need to strengthen Need to loosen Some of both		

What do you think will be difficult about making these boundary adjustments? What can you do to help yourself follow through even when it's uncomfortable?

EXERCISE 10A: *How Troubled Is a Relationship?*

Focus on a particular relationship you think is in trouble and answer these questions to get a better sense of whether it is causing so much distress that you might need to end it.

Person/relationship: _____

- Do you find yourself daydreaming about something taking this person out of your life?
YES / MAYBE / NO
- Is the person a consistent threat to your sobriety or recovery goals? YES / MAYBE / NO
- Does your relationship with this person cause a lot of distress in other, healthier relationships in your life? YES / MAYBE / NO
- Is there emotional, physical, financial, or sexual abuse? YES / MAYBE / NO
- Are you staying in the relationship mostly to avoid being alone? YES / MAYBE / NO
- Do you feel like you can't be yourself around the person or that you've changed for the worse since the person has been in your life? YES / MAYBE / NO
- Are you staying in the relationship because you don't think you deserve or won't find better? YES / MAYBE / NO
- Are you staying in the relationship mainly because you feel like you owe the other person for your past behaviors or for how much he or she helped you? YES / MAYBE / NO
- Are you staying in a relationship because you think the other person can't manage without your care or will hurt him- or herself if you leave? YES / MAYBE / NO
- Are you staying in the relationship mostly because of what it used to be?
YES / MAYBE / NO
- Are you staying in the relationship mostly because of what it could be someday?
YES / MAYBE / NO
- Do most of the trusted people in your life think the relationship is unhealthy or toxic for you? YES / MAYBE / NO
- Have you been working on the relationship for a long time without really seeing enough change to meet your needs, and make you feel supported and physically and emotionally safe? YES / MAYBE / NO

EXERCISE 10B: Which Relationships Are You Considering Ending or Minimizing?

Look back at your social network map and identify people you think you may need to cut out of your life. Write their names below and then ask yourself the suggested questions, along with Exercise 10A, to help you decide whether or not to end or minimize the relationship at this point.

Person/relationship: _____

Number of questions from Exercise 10A answered with "yes": _____

Thinking about all the areas of distress in this relationship, how unhappy are you with it on a scale of 1 (MILDLY UNHAPPY SOMETIMES) to 10 (EXTREMELY UNHAPPY NEARLY ALL THE TIME)? _____

How much does this relationship provide positive experiences that enhance your quality of life? NOT AT ALL, HARDLY EVER / A LITTLE BIT, RARELY / MODERATELY, OCCASIONALLY / QUITE A BIT, FREQUENTLY

How long have you known the person? _____

How long has this relationship been having significant problems? _____

How long have you been honestly working on this relationship while you were sober or in recovery? _____

How does your relationship with this person impact your addiction recovery? (circle one) HELPS MORE THAN HURTS MY ADDICTION RECOVERY / HURTS MORE THAN HELPS MY ADDICTION RECOVERY / HURTS AND HELPS MY ADDICTION RECOVERY ABOUT EQUALLY

Can this relationship be truly ended, or only minimized? (circle one) CAN BE ENDED / ONLY MINIMIZED

On a scale of 1 (NOT VERY IMPORTANT) to 10 (EXTREMELY IMPORTANT), how important to your addiction recovery and emotional well-being is ending or minimizing this relationship? _____

Person/relationship: _____

Number of questions from Exercise 10A answered with "yes": _____

Thinking about all the areas of distress in this relationship, how unhappy are you with it on a scale of 1 (MILDLY UNHAPPY SOMETIMES) to 10 (EXTREMELY UNHAPPY NEARLY ALL THE TIME)? _____

(continued)

EXERCISE 10B: WHICH RELATIONSHIPS ARE YOU CONSIDERING ENDING OR MINIMIZING? *(continued)*

How much does this relationship provide positive experiences that enhance your quality of life? NOT AT ALL, HARDLY EVER / A LITTLE BIT, RARELY / MODERATELY, OCCASIONALLY / QUITE A BIT, FREQUENTLY

How long have you known the person? _____

How long has this relationship been having significant problems? _____

How long have you been honestly working on this relationship while you were sober or in recovery? _____

How does your relationship with this person impact your addiction recovery? (circle one) HELPS MORE THAN HURTS MY ADDICTION RECOVERY / HURTS MORE THAN HELPS MY ADDICTION RECOVERY / HURTS AND HELPS MY ADDICTION RECOVERY ABOUT EQUALLY

Can this relationship be truly ended, or only minimized? (circle one) CAN BE ENDED / ONLY MINIMIZED

On a scale of 1 (NOT VERY IMPORTANT) to 10 (EXTREMELY IMPORTANT), how important to your addiction recovery and emotional well-being is ending or minimizing this relationship? _____

Person/relationship: _____

Number of questions from Exercise 10A answered with "yes": _____

Thinking about all the areas of distress in this relationship, how unhappy are you with it on a scale of 1 (MILDLY UNHAPPY SOMETIMES) to 10 (EXTREMELY UNHAPPY NEARLY ALL THE TIME)? _____

How much does this relationship provide positive experiences that enhance your quality of life? NOT AT ALL, HARDLY EVER / A LITTLE BIT, RARELY / MODERATELY, OCCASIONALLY / QUITE A BIT, FREQUENTLY

How long have you known the person? _____

How long has this relationship been having significant problems? _____

How long have you been honestly working on this relationship while you were sober or in recovery? _____

How does your relationship with this person impact your addiction recovery? (circle one) HELPS MORE THAN HURTS MY ADDICTION RECOVERY / HURTS MORE THAN HELPS MY ADDICTION RECOVERY / HURTS AND HELPS MY ADDICTION RECOVERY ABOUT EQUALLY

Can this relationship be truly ended, or only minimized? (circle one) CAN BE ENDED / ONLY MINIMIZED

On a scale of 1 (NOT VERY IMPORTANT) to 10 (EXTREMELY IMPORTANT), how important to your addiction recovery and emotional well-being is ending or minimizing this relationship? _____

EXERCISE 10C: ***Barriers to Ending Relationships***

Look back at your social network map and the relationships you explored in Exercises 10A and 10B.

How do you feel about the idea of ending each of those relationships?

What do you think could get in the way of ending those relationships?

What would you have to give up to end those relationships?

What are you afraid will happen if you end those relationships?

Do you see any ways that addiction has left a window open through those particular relationships or other social connections you haven't fully ended?

Stages of Change Examples

Stage of change	Addiction recovery example: Deciding to get sober	Relationship recovery example: Deciding to end a relationship
Precontemplation	"My drinking isn't a big deal—I could quit anytime."	"No relationship is perfect; my family just doesn't know him the way I do."
Contemplation	"These hangovers seem to be getting worse . . . maybe I should lay off drinking for a while."	"It seems like things in our relationship never get better for long, and I don't know if I can keep living like this."
Preparation	"Starting Monday I'm not going to drink for a month. I'll get back to working out in the mornings and eating healthier."	"I'm so exhausted from all of this drama. I'm going to talk with him about taking a break."
Action	"I'm going to do my best to stay sober today. I'm going to take my medications as prescribed, attend my therapy session this afternoon, and go to the gym after work."	"I've realized that our relationship is really unhealthy for me, and I think it's creating high-risk situations for my recovery. So I need to step away from this and focus on my addiction recovery and personal growth. I really hope you can understand and respect that."
Maintenance	"Now that I've been sober for a month, I know I can do it and I feel much better. I'm going for another month, and I'm going to keep up with my healthy lifestyle changes too."	"It was good to bump into you too, but I'm still in a place where I don't think it's healthy for me to spend time with you on a regular basis. Take care."

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EXERCISE 10D: *Your Plan for Ending a Relationship*

This exercise will help you collect your thoughts and plans for ending a specific relationship once you've decided that's the best choice for you.

Which relationship are you planning to end? _____

What are your plans for each of the following things you share with the person? (write N/A if it doesn't apply to this relationship)

Primary residence:

Children:

Pets:

Physical assets (cars, etc.):

Financial accounts:

Do you think it's the best choice to end this relationship passively or directly?

PASSIVELY, WITH LITTLE EXPLANATION

DIRECTLY, WITH EXPLANATION

After considering the potential safety concerns, what is the best choice for how you will end this relationship?

IN PERSON ALONE

IN PERSON IN PUBLIC

IN PERSON WITH MODERATOR (E.G., THERAPIST)

OVER THE PHONE

WITH EMAIL OR TEXT MESSAGE

WITH COURT ORDER

What do you need to have in place before you end the relationship?

When and where do you plan to end this relationship?

(continued)

EXERCISE 10D: YOUR PLAN FOR ENDING A RELATIONSHIP *(continued)*

What are the main points you want to communicate to the person about your decision to end the relationship?

How do you expect the person to react? What can you say in response to the person's reactions?

What coping skills can you use during this process to help you manage feelings in healthy ways?

Who will you seek support from throughout the process of ending this relationship to make sure that you get your needs met, stay on track with your recovery, and are able to meet your responsibilities? (Include support that is emotional, legal, financial, child related, etc.)

How will you continue to address your addiction recovery throughout the process of ending this relationship?

EXERCISE 11A: *Emotional Intimacy in Your Life*

Looking back over your life, which of your relationships have been intense but not truly intimate?

Looking at your social network map, which of the relationships in your life would you consider the most emotionally intimate?

With whom in your life would you like to deepen your emotional intimacy?

EXERCISE 11B: *What Impacts Your Intimacy?*

Thinking about your life goals and priorities, how important to you is emotional intimacy? How much do you value it compared to other parts of your life?

Looking back over the course of your life, which relationships or experiences have had a strong impact on your ability to build emotional intimacy? Why?

How do your addiction history and recovery efforts impact emotional intimacy in your life?

How do your particular mental health struggles impact emotional intimacy in your life?

What are some of your fears or anxieties about emotional intimacy?

How was emotional intimacy modeled in your family of origin? Was intimacy or independence valued more? How was intimacy demonstrated?

EXERCISE 11C: *Who Are You?*

For each of the following questions, write a few words or phrases that reflect how you see yourself at this point in your life. These questions could also be used as prompts for journaling.

What social roles do you have in your life (e.g., sister, teacher)?

What are some personality or character traits that you're proud of?

What are some personality or character traits that you aren't proud of and would like to work on?

What are your interests and hobbies?

What are your cultural, racial, and ethnic identities? What traditions do these identities involve for you?

What are your spiritual or religious beliefs?

(continued)

EXERCISE 11C: WHO ARE YOU? *(continued)*

What are some of your life accomplishments and sources of pride?

What are some of your personal problems and struggles?

What do you like and not like about your physical appearance?

What are some of your personal strengths and unique abilities?

When you think about your personality and character traits, how would you like to improve yourself?

I want to be more . . .

I want to be less . . .

What are some of your hopes and goals for your life?

EXERCISE 11D: *Values Clarity Exercise*

An important part of both addiction recovery and relationship recovery is learning to identify your values and priorities so that you can make life choices that are consistent with those values. This can be a difficult process for individuals in addiction recovery since substance use and addiction can distort value systems. This exercise will increase your self-understanding by helping you clarify your personal values at this point in your life.

Step 1: Read the values below and check the column (Not Important, Important, Very Important) that indicates how important each one is to you. Make sure you're honest with yourself by giving higher ratings to the ones that are *actually important* to you instead of ones that you think *should be important* to you (but aren't really a high priority at this point in your life). You may feel like most of the values on the list are good values to have, but try to put "very important" next to only the ones that are really driving forces in your life, not just concepts you find worthy but don't really drive your decisions. (Note: Ignore the Top 10 Rank Order column until Step 3.)

Value	Not important to me or not a focus at this point	Important to me and a focus at this point	Very important to me and a major focus at this point	Top 10 rank order
Acceptance: to be accepted by others as I am				
Accepting: to accept life and others as they are				
Accuracy: to be accurate in my opinions and beliefs				
Achievement: to have important accomplishments				
Activism: to be actively involved in pursuits related to social or political change				
Adventure: to have new and exciting experiences				
Attractiveness: to be physically attractive				
Authority: to be in charge of and responsible for others				
Autonomy: to be self-determined and independent				
Beauty: to appreciate beauty around me				
Caring: to take care of others				
Challenge: to take on difficult tasks and problems				
Change: to have a life full of change and variety				

(continued)

EXERCISE 11D: VALUES CLARITY EXERCISE *(continued)*

Value	Not important to me or not a focus at this point	Important to me and a focus at this point	Very important to me and a major focus at this point	Top 10 rank order
Comfort: to have a pleasant and comfortable life				
Commitment: to make enduring, meaningful commitments				
Compassion: to feel and act on concern for others				
Contribution: to make a lasting contribution to the world				
Cooperation: to work collaboratively with others				
Courtesy: to be considerate and polite toward others				
Creativity: to have new and original ideas or engage in artistic endeavors				
Dependability: to be reliable and trustworthy				
Duty: to carry out my duties and obligations				
Ecology: to live in harmony with the environment				
Excitement: to have a life full of thrills and stimulation				
Faithfulness: to be loyal and true in relationships				
Fame: to be known and recognized				
Family: to have a happy, loving family				
Financial stability: to have enough money to consistently meet my daily needs without stress				
Fitness: to be physically fit and strong				
Flexibility: to adjust to new circumstances easily				
Forgiveness: to be forgiving of others				
Friendship: to have close, supportive friends				
Fun: to play and have fun				
Generosity: to give what I have to others				

(continued)

EXERCISE 11D: VALUES CLARITY EXERCISE *(continued)*

Value	Not important to me or not a focus at this point	Important to me and a focus at this point	Very important to me and a major focus at this point	Top 10 rank order
Genuineness: to act in a manner that is true to who I am				
God's will: to seek and obey the will of God				
Gratitude: to be thankful and appreciative				
Growth: to keep changing and growing				
Health: to be physically and mentally well				
Helpfulness: to be helpful to others				
Honesty: to be honest and truthful				
Hope: to maintain a positive and optimistic outlook				
Humility: to be modest and unassuming				
Humor: to see the humorous side of myself and the world				
Independence: to be free from dependence on others				
Interdependence: to have healthy mutual support in my relationships				
Industry: to work hard and well at my life tasks				
Inner peace: to experience personal peace				
Intimacy: to share my innermost experiences with others				
Justice: to promote fair and equal treatment for all				
Kindness: to practice kindness and consideration toward others				
Knowledge: to acquire and contribute valuable knowledge				
Leisure: to take time to relax and enjoy				
Loved: to be loved by those close to me				
Loving: to give love to others				
Mastery: to be competent in my everyday activities				

(continued)

EXERCISE 11D: VALUES CLARITY EXERCISE *(continued)*

Value	Not important to me or not a focus at this point	Important to me and a focus at this point	Very important to me and a major focus at this point	Top 10 rank order
Mindfulness: to live conscious and mindful of the present moment				
Moderation: to avoid excesses and find a middle ground				
Monogamy: to have one close, loving relationship				
Nonconformity: to question and challenge authority and norms				
Nurturance: to take care of and nurture others				
Openness: to be open to new experiences, ideas, and options				
Order: to have a life that is well ordered and organized				
Passion: to have deep feelings about ideas, activities, or people				
Pleasure: to feel good				
Popularity: to be well liked by many people				
Power: to have control over others				
Purpose: to have meaning and direction in my life				
Rationality: to be guided by reason and logic				
Realism: to see and act realistically and practically				
Recovery: to engage in activities that tend to my personal recovery, healing, and growth				
Responsibility: to make and carry out responsible decisions				
Risk: to take risks and chances				
Romance: to have intense, exciting, romantic love in my life				
Safety: to be safe and secure physically and emotionally				
Self-acceptance: to accept myself as I am				
Self-control: to be disciplined in my own actions				
Self-esteem: to feel good about myself				

(continued)

EXERCISE 11D: VALUES CLARITY EXERCISE *(continued)*

Value	Not important to me or not a focus at this point	Important to me and a focus at this point	Very important to me and a major focus at this point	Top 10 rank order
Self-knowledge: to have a deep and honest understanding of myself				
Service: to be of service to others				
Sexuality: to have an active and satisfying sex life				
Simplicity: to live life simply, with minimal needs				
Solitude: to have time and space where I can be apart from others				
Spirituality: to grow, mature, and engage spiritually				
Stability: to have a life that stays fairly consistent				
Success: to be successful in my work and goals				
Tolerance: to accept and respect those who differ from me				
Tradition: to follow respected patterns of the past				
Virtue: to live a morally pure and excellent life				
Wealth: to have plenty of money to afford luxuries beyond my basic needs				
World peace: to work to promote peace in the world				
Other value: _____				
Other value: _____				
Other value: _____				

Step 2: After you've rated the entire list, look back at the ones you rated as "Very Important" and narrow that column down to your top 10 values by downgrading some of them to "Important" if necessary. If you notice that some of your "Very Important" values are pretty similar to each other (e.g., caring, helping, nurturance), then keep the one that you value most and downgrade the similar ones.

Step 3: Look through your top 10 values and rank them in order of importance from 1 (most important above all others) to 10 in the far-right column labeled "Top 10 Rank Order."

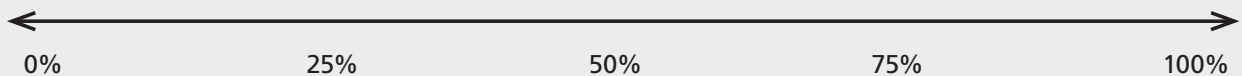
(continued)

EXERCISE 11D: VALUES CLARITY EXERCISE *(continued)*

Step 4: Based on this exercise, what are the 10 most important values to you at this point in your life? Copy these below in rank order from this list.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step 5: Reflect on your top 10 values now that you can see them together. Think about the choices you have made recently and the way you are living your life. Honestly, on a scale of 0% to 100%, how much would you say you are currently living your life according to your top 10 values? Mark that number below, and you can write today's date next to it so that you can see change over time.



Step 6: Identify changes you could make to live more consistently with your top 10 personal values. What could you do more of? Or less of? What new activities could you engage in to get closer to living 100% in line with your values?

EXERCISE 11E: *Activities to Build Emotional Intimacy*

Look back at your social network map and also Exercise 11A to help yourself think about the people you'd like to build emotional intimacy with. Below is a list of activities that can help you build emotional intimacy. For each one, identify people in your life you would like to try them with as part of your intimacy efforts.

Strategy or activity to build emotional intimacy	People you'd like to try this with
Model good qualities—be respectful, honest, trustworthy, reliable, caring, and supportive.	
Demonstrate your self-respect and self-understanding, acknowledge your strengths and accomplishments with humility, and own your mistakes and flaws, but don't let the person use them against you.	
Turn off and tune in—make sure that you don't let your electronics interfere with emotional intimacy when you're spending time together.	
Set a scheduled time to talk or get together (e.g., every Wednesday for lunch or the first Friday of each month for dinner).	
Send appropriate messages periodically that show you're thinking of the person.	
Make sure you're showing as much initiative toward closeness as the other person—it doesn't feel good to be the one always reaching out.	
Keep a list of discussions or experiences that you would like to share with the person, so that you can turn to that list when you have time together.	
Use a service like Storyworth to help you choose questions you would like to ask the other person about his or her life and collect the answers into a keepsake book.	
Each of you complete the Values Clarity Exercise from this chapter and then discuss your similarities and differences.	

(continued)

EXERCISE 11E: ACTIVITIES TO BUILD EMOTIONAL INTIMACY *(continued)*

Strategy or activity to build emotional intimacy	People you'd like to try this with
Have a jar full of questions that you would like to ask each other and draw them randomly when you spend time together. (Hint: If you have trouble thinking of these questions, there are plenty of lists available online, and you can also use questions from exercises throughout this book.)	
Have a jar full of experiences that you would like to share with the person and draw them randomly when you spend time together. These could be things you know you enjoy doing or new things that you would like to try.	
Work on a project together, particularly a project that involves creating something.	
Spend time together volunteering or contributing to a cause that's meaningful to both of you.	
Exercise or play a sport together.	
Find a way to contribute and be helpful to the person's life.	
Take time to express gratitude for the person and the ways he or she helps you or makes you feel good.	
Make sure to express compassion, concern, and comfort when the person is struggling.	
Share your thoughts and start discussions about current events, social or political issues, or religious/spiritual beliefs.	
Share your thoughts and start discussions about movies, shows, books, musicians, plays, etc.	
Take a class or workshop together.	

(continued)

EXERCISE 11E: ACTIVITIES TO BUILD EMOTIONAL INTIMACY *(continued)*

Strategy or activity to build emotional intimacy	People you'd like to try this with
Share some daydreaming: What are some of your fantasies? Or things you'd like to do before you die?	
Schedule activities that involve interests you share with the other person.	
Try to share a laugh together—tell funny stories, watch comedy together, confidently laugh at yourself or the situation if that's appropriate.	
Initiate a discussion about your addiction and recovery with the person.	
Regularly tell the person something you like about him or something you enjoyed doing together.	
Make sure to provide thoughtful and honest feedback if the other person hurts you or steps over a boundary—address the problems as they arise instead of letting them build up.	
Make sure it's a two-way street—both of you should be sharing and contributing.	
Go first sometimes—don't always wait for the other person to start the conversation or suggest an activity.	
If the situation calls for it, engage in couple or family therapy together.	
Other idea:	
Other idea:	

EXERCISE 12A: *Relationship Skills Survey—Follow-Up*

Directions: Listed below are social and interpersonal skills that can impact relationships in your life as well as your recovery efforts. Circle the rating that best describes your opinion of your current ability for each specific skill.

Relationship Skills	I am very poor at this skill	I am somewhat poor at this skill	I am somewhat good at this skill	I am quite good at this skill	I am excellent at this skill
1. Ability to understand the impact of my behaviors on others	1	2	3	4	5
2. Ability to understand and consider how personal problems (e.g., mental health problems, grief, stress) impact my relationships	1	2	3	4	5
3. Ability to understand and consider how substance abuse impacts relationships	1	2	3	4	5
4. Ability to identify healthy and supportive aspects of relationships	1	2	3	4	5
5. Ability to identify unhealthy or toxic aspects of relationships	1	2	3	4	5
6. Ability to understand and consider the costs of dishonesty with myself and others	1	2	3	4	5
7. Ability to understand and consider the benefits of honesty with myself and others	1	2	3	4	5
8. Ability to be honest with myself	1	2	3	4	5
9. Ability to be honest with others	1	2	3	4	5
10. Ability to trust others	1	2	3	4	5
11. Ability to understand and consider ways that my actions impact trust in my relationships	1	2	3	4	5
12. Ability to build and/or rebuild trust in relationships	1	2	3	4	5
13. Ability to communicate about my personal thoughts, feelings, and needs	1	2	3	4	5

(continued)

EXERCISE 12A: RELATIONSHIP SKILLS SURVEY—FOLLOW-UP *(continued)*

Relationship Skills	I am very poor at this skill	I am somewhat poor at this skill	I am somewhat good at this skill	I am quite good at this skill	I am excellent at this skill
14. Ability to listen to and respond appropriately to other people's thoughts, feelings, and needs	1	2	3	4	5
15. Ability to use healthy communication skills in emotionally charged situations	1	2	3	4	5
16. Ability to seek validation, compassion, and empathy from others when appropriate	1	2	3	4	5
17. Ability to validate and show compassion and empathy to others	1	2	3	4	5
18. Ability to understand and consider aspects of healthy boundaries in relationships	1	2	3	4	5
19. Ability to recognize unhealthy boundaries in relationships	1	2	3	4	5
20. Ability to understand and recognize my own patterns of unhealthy boundaries	1	2	3	4	5
21. Ability to set and maintain healthy boundaries with others, including saying no appropriately	1	2	3	4	5
22. Ability to increase my own self-awareness and insight	1	2	3	4	5
23. Ability and willingness to prioritize my own needs over the needs of others when appropriate	1	2	3	4	5
24. Ability to meet new people and start new relationships	1	2	3	4	5
25. Ability and willingness to build and/or enhance emotional intimacy with others	1	2	3	4	5
26. Ability to recognize and consider reasons to end or distance myself from an unhealthy relationship	1	2	3	4	5
27. Ability to use respectful ways of ending relationships when appropriate	1	2	3	4	5
28. Ability and willingness to seek help from others	1	2	3	4	5

(continued)

EXERCISE 12A: RELATIONSHIP SKILLS SURVEY—FOLLOW-UP *(continued)*

For the following questions, select the option that best describes the impact your substance use and addiction have had on these different types of relationships in your life.

How much have your substance use and addiction damaged your relationships with . . .

29. Your romantic partner(s)?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

30. Your children?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

31. Your family members (other than your children or romantic partners)?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

32. Your friends who are also in recovery?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

(continued)

EXERCISE 12A: RELATIONSHIP SKILLS SURVEY—FOLLOW-UP *(continued)*

33. Your friends who are not in recovery?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

34. Your coworkers?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

35. Your employers or supervisors?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

36. Other important relationships in your life?

I do not have these kinds of relationships	Did not damage these relationships at all	Damaged some of these relationships, but they have been repaired	Damaged some of these relationships, and I am working to repair them	Damaged some of these relationships beyond repair	Ended some of these relationships
0	1	2	3	4	5

(continued)

EXERCISE 12A: RELATIONSHIP SKILLS SURVEY—FOLLOW-UP *(continued)*

Scoring the Relationship Skills Survey:

Add up all the scores for items 1–28. Higher scores mean you have better relationship skills, and lower scores mean you have more room for improvement in your relationship skills. The lowest possible score is 28, and the highest possible score is 140.

Your current relationship skills score: _____

Your previous score from Exercise 1C: _____

Count up the number of items 1–28 that you rated as a 1 or 2. These items represent specific interpersonal and social skills deficits that you could work to improve.

Number of skills currently rated poor: _____

Your previous score from Exercise 1C: _____

Add up the scores on items 29–36. Higher scores reflect more relationship damage related to substance use and addiction.

Your current relationship damage score: _____

Your previous score from Exercise 1C: _____

Comparing Exercise 12A to Exercise 1C, how do you feel about the progress you've made? What improvements are most evident?

Which relationship skills are still rated as "very poor" or "somewhat poor," indicating that you need to continue to practice and improve on those skills? What can you do to continue developing those skills?

EXERCISE 12B: *Reflecting on Your Progress*

How much have your relationships changed since you started this workbook?

Look back at Exercise 1E, where you established your personal relationship goals. How are you addressing those goals? What signs of progress do you see in your relationships?

How has your quality of life improved since you've been focusing on relationship recovery and reconnection?

What are the next steps toward reaching your short-term and long-term relationship goals?

EXERCISE 12C: *Weekly Addiction and Relationship Recovery Review*

Date: _____

How is your addiction recovery going right now?

Very badly Not so great Okay Pretty good Great!

If not great, how can you improve your addiction recovery efforts?

How are your relationships going right now?

Very badly Not so great Okay Pretty good Great!

If not great, how can you improve your relationship recovery efforts?

Over the past week, what has been harder than expected in your relationships?

What is changing in a positive way with your relationships and your recovery?

Did you engage in all of your planned addiction recovery activities this week?

Not at all Not much Somewhat Mostly Completely

If not completely, what did you miss, and how can you do better next week?

Did you practice healthy self-care this week that met all of your needs?

Not at all Not much Somewhat Mostly Completely

If not completely, what did you miss, and how can you do better next week?

(continued)

EXERCISE 12C: WEEKLY ADDICTION AND RELATIONSHIP RECOVERY REVIEW *(continued)*

Did you engage in social activities that fostered healthy social support and connection this week?

Not at all Not much Somewhat Mostly Completely

If not completely, what got in the way, and how can you do better next week?

Did you practice mindful and appropriate social media engagement this week?

Not at all Not much Somewhat Mostly Completely

If not completely, what impacted you negatively, and how can you do better next week?

Did you use healthy relationship skills this week?

Not at all Not much Somewhat Mostly Completely

If not completely, what did you struggle with, and how can you do better next week?

Did you address any relationship problems or distress in a timely and appropriate way this week?

N/A Not at all Not much Somewhat Mostly Completely

If not completely, what got in the way, and how can you do better next week?

Did you appropriately provide feedback to others about boundaries and personal needs this week?

N/A Not at all Not much Somewhat Mostly Completely

If not completely, what made that hard for you, and how can you do better next week?

Over the past week, how well did you balance addiction recovery and relationship recovery activities?

Very badly Not so great Okay Pretty good Great!

If not great, how can you improve that balance?

EXERCISE 12D: *Monthly Relationship Skills Review*

Date: _____

Think about the past month and honestly rate how well you've been doing with relationship skills. If you rate anything less than "great," how can you address those areas to improve those particular skills?

Over the past month:

How have you been doing with identifying healthy and unhealthy relationship patterns?

Very badly Not so great Okay Pretty good Great!

Plan to build these skills:

How have you been doing with healthy communication skills?

Very badly Not so great Okay Pretty good Great!

Plan to build these skills:

How have you been doing with seeking validation appropriately?

Very badly Not so great Okay Pretty good Great!

Plan to build these skills:

How have you been doing with appropriately validating others?

Very badly Not so great Okay Pretty good Great!

Plan to build these skills:

How have you been doing with honesty and thoughtful disclosure?

Very badly Not so great Okay Pretty good Great!

Plan to build these skills:

How have you been doing with building and rebuilding trust?

Very badly Not so great Okay Pretty good Great!

Plan to build these skills:

(continued)

EXERCISE 12D: MONTHLY RELATIONSHIP SKILLS REVIEW *(continued)*

How have you been doing with interpersonal boundaries?

Very badly Not so great Okay Pretty good Great!

Plan to build these skills:

How have you been doing with self-awareness and self-understanding?

Very badly Not so great Okay Pretty good Great!

Plan to build these skills:

How have you been doing managing relationships that you have taken steps to minimize or end?

Very badly Not so great Okay Pretty good Great!

Plan to build these skills:

Are any relationships on your radar as potentially needing to end? If so, which ones and why? What are your plans for making decisions and taking action about those relationships?

How have you been doing with emotional intimacy?

Very badly Not so great Okay Pretty good Great!

Plan to build these skills:

Are you trying to build emotional intimacy with someone in your life right now? If so, what are your plans for the next steps in that process?

Over the next month, what activities can help you continue to focus on recovery and reconnection?