

Relationship Building

Finding Purpose · Module 8 of 15

Key Ideas

- Relationship Building & Purpose
- 1. Multifaceted Impact
- 2. Family Reconciliation
- 3. New Friendships
- 4. Communication Skills
- 5. Romantic Relationships
- 6. Support Network
- 7. Addressing Trust
- 8. Social Skills
- 9. Professional Ties
- 10. Cultural Competence
- 11. Technology
- 12. Giving Back
- Conclusion

Worksheet — Relationship Building Worksheet

- Assess
- Family
- Friends
- Comm.
- Bounds
- Trust
- Support
- Give
- Goals

Mind Map — Relationship Building Mind Map

KEY IDEAS**Relationship Building & Purpose****Connection as Recovery**

Repairing, strengthening, and cultivating healthy relationships is a powerful catalyst for long-term sobriety. It builds a support system, enhances self-worth, and fosters a deep sense of belonging.

1. Multifaceted Impact**The Power of Connection**

Relationships provide emotional support, accountability, and encouragement. They enhance self-esteem through positive interactions and create opportunities for personal growth and community belonging.

2. Family Reconciliation**Healing Home Ties**

Address past harms, practice forgiveness, and establish healthy boundaries. Rebuilding trust takes time and consistent positive action, but healing these bonds is crucial for emotional stability.

3. New Friendships**Sober Network**

Cultivate a supportive network within the recovery community. Participate in meetings, engage in sober hobbies, and practice vulnerability to build healthy, reciprocal friendships.

4. Communication Skills**Expressing & Listening**

Develop active listening, empathy, and assertiveness. Learning to express emotions clearly and respect boundaries allows for honest, transparent connections.

5. Romantic Relationships**Mindful Intimacy**

Approach romance with intention. Build a strong sense of self first, communicate recovery needs openly, and balance relationship commitments with personal recovery work.

6. Support Network**Safety Net**

Create a diverse system including family, friends, mentors, and professionals. Learn to ask for help and cultivate relationships with individuals at various stages of recovery.

7. Addressing Trust

Rebuilding Faith

Understand addiction's impact on trust. Practice vulnerability in safe spaces, develop self-trust, and gradually rebuild trust with others through consistency and transparency.

8. Social Skills

Navigating Interaction

Enhance interpersonal abilities by practicing etiquette, developing emotional intelligence, reading social cues, and building confidence in sober social settings.

9. Professional Ties

Workplace Connection

Repair professional reputation through reliability. Navigate disclosure of recovery status carefully and build new professional relationships based on current skills and values.

10. Cultural Competence

Diverse Connections

Respect cultural differences in relationships. Address personal biases and learn to communicate across boundaries to appreciate the diversity within the recovery community.

11. Technology

Digital Balance

Navigate online relationships responsibly. Use support apps and groups while maintaining healthy boundaries with social media to avoid triggers and foster genuine connection.

12. Giving Back

Service Through Connection

Use relational skills to support others. Mentor newcomers, share your story, volunteer, and offer emotional support to create a cycle of hope and healing.

Conclusion

Purpose in Belonging

By embracing healthy relationships, you unlock potential for deep connection, emotional growth, and profound purpose found in shared human experiences.

WORKSHEET

Relationship Building Worksheet

Strengthening Connections in Recovery

ASSESS

Assessment

Current relationship satisfaction (1-10):

3 Key Relationships & Quality (1-10):

Relationship 1

Quality

Relationship 2

Quality

Relationship 3

Quality

3 Relationships Needing Improvement:

Relationship 1

Relationship 2

Relationship 3

FAMILY

Family Reconciliation

Relationships to repair/strengthen:

Relationship 1

Relationship 2

Relationship 3

Action Steps

Step for Relationship 1

Step for Relationship 2

Step for Relationship 3

Challenges & Strategy:

Challenges...

Strategy...

FRIENDS

Cultivating Friendships

3 Places to meet people:

Place/Activity 1

Place/Activity 2

Place/Activity 3

3 Desired Qualities:

Quality 1

Quality 2

Quality 3

Steps to be more open:

COMM.

Communication Skills

Current skill level (1-10):

3 Skills to Improve & Practice Plan:

Skill 1

Practice plan

Skill 2

Practice plan

Skill 3

Practice plan

BOUNDS**Boundaries**

3 Boundaries to Set:

Boundary 1

Boundary 2

Boundary 3

Communication Plan:

How will you communicate these?

TRUST**Building Trust**

Relationships needing trust repair:

3 Actions to demonstrate trustworthiness:

Action 1

Action 2

Action 3

SUPPORT

Support Network

Family support

Friends support

Recovery community

Professionals

Gaps & Plan to Fill:

Gaps...

Plan...

GIVE

Giving Back

3 Ways to support others:

Way 1

Way 2

Way 3

GOALS

Goals & Reflection

Short-term Goal (1 mo):

Long-term Goal (1 yr):

Reflection

How does this support recovery?

Sense of purpose?

Visualization (1 year)...

MIND MAP

Relationship Building Mind Map

Mapping Your Connections

Connection

Building Bonds

Family

Reconciliation steps?

Friends

Sober connections?

Communication

Skills to build?

Boundaries

Healthy limits?

Trust

Rebuilding faith?

Support

Network growth?

Giving Back

Service to others?

Self-Work

Personal growth?