

Relationships in Recovery

Sobriety & Resilience · The Recovery Files

Now That You're Sober — Building the Love You Deserve

A Resiliency & Growth Intensive — The Recovery Files

Old Patterns · Addiction-driven, reactive, enmeshed · New Growth · Intentional, boundaried, whole

In this workbook

- Part 1 · You're Sober — Now What? Relationships as the Next Frontier
 - Check-in: Relational Self-Awareness
 - Exercise: Relationship History Timeline
 - Exercise: Relationship Values Clarification
- Part 2 · Attachment, Addiction & the Brain: Why You Love the Way You Love
 - Check-in: Self-Worth & Independence
 - Exercise: Attachment Style Deep Dive
- Part 3 · The Relapse Relationship: Patterns That Threaten Your Recovery
 - Check-in: Recovery-Specific Relationship Patterns
 - Exercise: Pattern Recognition Inventory
 - Exercise: Red Flag / Green Flag Assessment
- Part 4 · Building the Partnership You Deserve: A Recovery Framework for Love
 - Check-in: Boundaries & Communication
 - Check-in: Growth & Intimacy Capacity
 - Exercise: Boundary Mapping Workshop
 - Exercise: Communication Skills Lab
 - Exercise: Partnership Vision Builder
 - Exercise: Relational Self-Care Toolkit
 - Exercise: 7-Day Relational Growth Check-In

Each reading is followed by its check-in questions and exercises, in the same order as the app. Your scored results are shown in the app.

PART 1 OF 4 · READING

You're Sober — Now What? Relationships as the Next Frontier

Getting sober was the hardest thing you ever did. Staying sober through the first year was the second hardest. And now, standing on the other side of twelve or more months of sustained recovery, you're beginning to realize something that nobody warned you about: sobriety doesn't automatically fix everything. In particular, it doesn't automatically fix the way you do relationships.

In active addiction, your primary relationship was with your substance. Everything else — partners, family, friends — orbited around that central attachment. The substance came first. It had to. Your neurochemistry demanded it. And while that was happening, your capacity for authentic human connection was being systematically dismantled. You learned to manipulate rather than communicate. To take rather than give. To perform intimacy rather than practice it. To use people the way you used substances — for what they could provide rather than for who they were.

Now the substance is gone. And in its absence, you are left with a relational skill set that was forged in survival mode and is wildly insufficient for the kind of partnership you actually want. This is not a moral failure — it is the predictable consequence of years spent in a neurological state that prioritized short-term relief over long-term connection. Your brain literally rewired itself to favor immediate gratification, avoidance of discomfort, and self-centered problem-solving. Those neurological patterns don't vanish on the day you pick up a desire chip.

Here is what makes this work so urgent: relationships are the single most common trigger for relapse in sustained recovery. Not because relationships are dangerous, but because they activate every unresolved wound, every unlearned skill, and every untreated pattern that your addiction was originally designed to medicate. The rejection you can't tolerate. The vulnerability you can't risk. The conflict you can't navigate. The intimacy you crave but don't know how to sustain. The loneliness that whispers that substances were easier.

This intensive is designed for people exactly where you are — past the crisis of early recovery, stable enough to do deep work, and ready to confront the reality that sobriety is the foundation, not the destination. The destination is a life you don't need to escape from. And for most people, that life includes the ability to love and be loved by another person without destroying yourself or them in the process.

The work ahead is not about finding the right person. It is about becoming the right person — someone whose relational patterns, communication skills, boundary practices, and emotional capacities are worthy of the partnership you desire. This is recovery's next frontier. And it starts here.

Reflection Questions

1. What did you expect your relationships to look like once you got sober? How does reality compare to those expectations?

2. How did your substance use affect your ability to be present, honest, and available in past relationships? Be specific.

3. What relational patterns from active addiction are still showing up in your life today — even in sobriety?

4. Have you experienced or come close to relapse because of a relationship situation? What happened, and what did it reveal about your unfinished work?

5. If sobriety is the foundation and not the destination, what does your "destination" look like when it comes to romantic partnership?

CHECK YOURSELF · CHECK-IN 1 OF 5

Relational Self-Awareness

Scale: 1 = Not at all · 2 = A little · 3 = Somewhat · 4 = Quite a bit · 5 = Very much

1. I can clearly identify my core values, needs, and desires in a romantic relationship

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. I understand how my family of origin shaped my relationship expectations and patterns

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. I recognize when old survival mechanisms from active addiction are showing up in my relationships

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. I am aware of the difference between healthy attraction and codependent attachment

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. I can identify my attachment style and how it affects my romantic partnerships

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. I understand the difference between love and the dopamine rush of new relationship energy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

7. I am honest with myself about what I bring to a relationship — both strengths and growing edges

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

8. I can distinguish between loneliness and genuine readiness for partnership

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

YOUR EXERCISE

Relationship History Timeline

Mapping Your Relational Journey Through Addiction and Recovery

Why This Matters

You cannot change patterns you cannot see. This exercise creates a visual map of your relational history so you can identify recurring themes, recognize growth, and understand how addiction and recovery have shaped your capacity for partnership. Be honest — this inventory is for you.

Significant Relationship #1

Who was this person? (First name or initials only — this is about the pattern, not the person)

When did this relationship occur? Was it during active addiction, early recovery, or sustained recovery?

What initially attracted you? Be honest — was it healthy attraction or something else (excitement, chaos, neediness, familiarity)?

What role did you play in this relationship? (Caretaker, people-pleaser, controller, pursuer, avoider, performer)

What was the best thing about this relationship? What needs did it meet?

What was the most harmful thing about this relationship? What did it cost you?

How did it end — and what does the ending reveal about your patterns?

What is the single most important lesson this relationship taught you about yourself?

Significant Relationship #2

Who was this person? (First name or initials only — this is about the pattern, not the person)

When did this relationship occur? Was it during active addiction, early recovery, or sustained recovery?

What initially attracted you? Be honest — was it healthy attraction or something else (excitement, chaos, neediness, familiarity)?

What role did you play in this relationship? (Caretaker, people-pleaser, controller, pursuer, avoider, performer)

What was the best thing about this relationship? What needs did it meet?

What was the most harmful thing about this relationship? What did it cost you?

How did it end — and what does the ending reveal about your patterns?

What is the single most important lesson this relationship taught you about yourself?

Significant Relationship #3

Who was this person? (First name or initials only — this is about the pattern, not the person)

When did this relationship occur? Was it during active addiction, early recovery, or sustained recovery?

What initially attracted you? Be honest — was it healthy attraction or something else (excitement, chaos, neediness, familiarity)?

What role did you play in this relationship? (Caretaker, people-pleaser, controller, pursuer, avoider, performer)

What was the best thing about this relationship? What needs did it meet?

What was the most harmful thing about this relationship? What did it cost you?

How did it end — and what does the ending reveal about your patterns?

What is the single most important lesson this relationship taught you about yourself?

Significant Relationship #4

Who was this person? (First name or initials only — this is about the pattern, not the person)

When did this relationship occur? Was it during active addiction, early recovery, or sustained recovery?

What initially attracted you? Be honest — was it healthy attraction or something else (excitement, chaos, neediness, familiarity)?

What role did you play in this relationship? (Caretaker, people-pleaser, controller, pursuer, avoider, performer)

What was the best thing about this relationship? What needs did it meet?

What was the most harmful thing about this relationship? What did it cost you?

How did it end — and what does the ending reveal about your patterns?

What is the single most important lesson this relationship taught you about yourself?

Significant Relationship #5

Who was this person? (First name or initials only — this is about the pattern, not the person)

When did this relationship occur? Was it during active addiction, early recovery, or sustained recovery?

What initially attracted you? Be honest — was it healthy attraction or something else (excitement, chaos, neediness, familiarity)?

What role did you play in this relationship? (Caretaker, people-pleaser, controller, pursuer, avoider, performer)

What was the best thing about this relationship? What needs did it meet?

What was the most harmful thing about this relationship? What did it cost you?

How did it end — and what does the ending reveal about your patterns?

What is the single most important lesson this relationship taught you about yourself?

Timeline Pattern Analysis

1. Looking across all your significant relationships, what is the single most common pattern? What keeps repeating?

2. How did your relationships change from active addiction to recovery? What improved? What stayed the same?

3. What type of partner have you consistently been attracted to? What does that attraction tell you about your unmet needs or unhealed wounds?

4. What is the role you most commonly play in relationships? Where did you learn that role?

5. Based on this timeline, what must change in your next relationship for it to support rather than threaten your recovery?

YOUR EXERCISE

Relationship Values Clarification

What Actually Matters to the Person You're Becoming

Values vs. Wants

In active addiction, you confused what felt good with what was good for you. Values clarification is the process of identifying what genuinely matters to the person you are becoming in recovery — not the person addiction made you, but the person sobriety is revealing. Your values are your compass for choosing the right partner and building the right relationship.

Select Your Top 10 Relationship Values

Tap to select the 10 values that matter MOST to you in a romantic partnership. Be honest about what you actually need — not what sounds good.

- ☐ Trust & Honesty
 ☐ Mutual Respect
 ☐ Emotional Safety
 ☐ Independence & Space
 ☐ Physical Affection
 ☐ Intellectual Connection
 ☐ Adventure & Fun
 ☐ Spiritual Alignment
 ☐ Recovery Support
 ☐ Family Orientation
 ☐ Financial Stability
 ☐ Communication Openness
 ☐ Loyalty & Commitment
 ☐

Humor & Playfulness ☐ Service & Giving Back ☐ Sexual Compatibility ☐ Emotional Vulnerability ☐
Ambition & Drive ☐ Simplicity & Peace ☐

Add values not on this list that are essential to you:

What else matters deeply to you?

Define Your Top Values

For each value you selected, write what it specifically looks like in practice. Abstract values only become real when they are operationalized into behaviors.

Value #1

What does this look like in daily practice? Give 2-3 specific examples.

Value #2

What does this look like in daily practice? Give 2-3 specific examples.

Value #3

What does this look like in daily practice? Give 2-3 specific examples.

Value #4

What does this look like in daily practice? Give 2-3 specific examples.

Value #5

What does this look like in daily practice? Give 2-3 specific examples.

Values in Conflict

1. Have you ever compromised a core value to keep a relationship? What happened to your self-respect and your recovery?

2. Which of your values would be hardest for a partner to honor? Why? Is this a value you need to communicate more clearly, or one you need to be firmer about?

3. How do your relationship values align with your recovery values? Are there any contradictions?

4. If you could only have three relationship values honored perfectly, which three would you choose? Why these three?

PART 2 OF 4 · READING

Attachment, Addiction & the Brain: Why You Love the Way You Love

Understanding why you love the way you love requires understanding two interconnected systems: your attachment system, which was programmed in your earliest years, and your addiction neurology, which hijacked and distorted that system for years or decades. Together, these two forces have created the relational template you are operating from right now — and unless you make that template conscious, you will keep replicating it without understanding why.

Attachment theory, developed by John Bowlby and expanded by Mary Ainsworth, proposes that the way your primary caregivers responded to your emotional needs as an infant created a blueprint for how you approach intimacy for the rest of your life. If your caregivers were consistently responsive, warm, and attuned, you developed a secure attachment style — a fundamental belief that you are worthy of love, that other people are reliable, and that closeness is safe. If your caregivers were inconsistent — sometimes available, sometimes absent — you likely developed an anxious attachment style: a deep craving for closeness paired with chronic fear that it will be taken away. If your caregivers were emotionally cold, dismissive, or frightening, you may have developed an avoidant attachment style: a learned belief that depending on others is dangerous and that self-sufficiency is the only safe strategy.

Now add addiction to this already-loaded equation. The addicted brain learns that substances provide the most reliable source of comfort, regulation, and reward available. Over time, the neurological pathways that were meant to bond you to other human beings — the oxytocin system, the dopamine reward circuits, the endogenous opioid system — become increasingly oriented toward the substance rather than toward people. The substance becomes the attachment figure. It is always available. It always delivers. It never rejects you, abandons you, or asks you to be vulnerable. Of course your brain preferred it.

In recovery, those neurological pathways are still there, recalibrating but not yet reprogrammed. This is why new romantic relationships in recovery can feel so intoxicating — literally. The neurochemistry of falling in love — the dopamine surge, the oxytocin flood, the norepinephrine-driven obsession — activates many of the same reward pathways that substances did. For a recovering brain, a new relationship can feel like a hit. And it can be used like one: to regulate mood, to escape discomfort, to fill the void left by the substance. This is not love. This is addiction wearing a different outfit.

The work of this intensive is to separate love from addiction, connection from compulsion, and partnership from parasitism. It requires understanding your attachment style not as a life sentence but as a starting point — a pattern that was adaptive in childhood, reinforced by addiction, and is now available for conscious revision. Secure attachment is not something you are born with or without. It is something you can develop — through recovery work, through therapy, through honest relational practice, and through the willingness to tolerate the discomfort of doing intimacy differently than you've ever done it before.

The critical insight is this: the same brain that learned to attach to substances can learn to attach to people in healthy ways. Neuroplasticity — the brain's capacity to rewire itself based on new experiences — is not just the foundation of addiction recovery. It is the foundation of relational recovery. But it requires the same things that sobriety requires: honesty, consistency, support, discomfort tolerance, and daily practice.

Reflection Questions

1. Based on the descriptions above, which attachment style do you most identify with — secure, anxious, or avoidant? What childhood experiences do you think shaped this?

2. How did your substance of choice function as an "attachment figure"? What did it provide that people could not?

3. Have you experienced the "new relationship high" in recovery? How did it compare to the high of your substance? What happened when it faded?

4. What is the difference between wanting a relationship because you genuinely desire partnership versus needing a relationship because you cannot tolerate being alone? Which one drives you more honestly?

5. If secure attachment is a skill you can develop rather than something you were born with, what specific relational skills do you most need to learn?

CHECK YOURSELF · CHECK-IN 2 OF 5

Self-Worth & Independence

Scale: 1 = Not at all · 2 = A little · 3 = Somewhat · 4 = Quite a bit · 5 = Very much

1. My sense of self-worth does not depend on whether I am in a relationship or how my partner treats me
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. I have a life I am proud of that exists independently of any romantic partnership
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I maintain my own friendships, hobbies, interests, and recovery activities regardless of my relationship status
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I do not compromise my values, sobriety, or self-respect to keep a partner
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I can tolerate the discomfort of being single without acting impulsively to fill the void
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. I believe I am worthy of a healthy, respectful, fulfilling relationship
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
7. I do not need a partner to validate my recovery, my identity, or my worth as a person
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
8. I invest as much energy in my own growth as I do in my relationships
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

YOUR EXERCISE

Attachment Style Deep Dive

Understanding How You Bond — And How Addiction Changed It

The Purpose

Your attachment style is not a diagnosis — it's a starting point. It was shaped by your earliest relationships and then reinforced (and often distorted) by addiction. Understanding it gives you a map for growth. You are not locked into any style. With awareness and practice, you can develop earned secure attachment.

Secure Attachment

Comfortable with closeness and independence. Trusts that others will be there. Can communicate needs directly. Doesn't panic when partner needs space. Can tolerate conflict without catastrophizing.

DO YOU RECOGNIZE YOURSELF?

- ☐ ☐ I feel comfortable depending on partners and having them depend on me ☐ ☐ I don't worry excessively about being abandoned or about partners getting too close ☐ ☐ I can communicate my needs directly without manipulation or hints ☐ ☐ I can handle disagreements without feeling like

the relationship is ending ○ ○ I maintain my own identity while being closely connected to a partner
How does this attachment style show up in YOUR life and relationships? Give specific examples.

Anxious Attachment

Craves closeness intensely. Hypersensitive to signs of rejection. Needs constant reassurance. Tends toward jealousy, clinginess, or over-giving. Often feels like they love more than they are loved.

DO YOU RECOGNIZE YOURSELF?

○ ○ I worry a lot about whether my partner really loves me or will leave me ○ ○ I need frequent reassurance and contact to feel secure in a relationship ○ ○ I tend to become preoccupied or obsessive about my relationships ○ ○ I often feel like I give more than I receive in relationships ○ ○ I have difficulty being alone and feel anxious when my partner is unavailable

How does this attachment style show up in YOUR life and relationships? Give specific examples.

Avoidant Attachment

Uncomfortable with too much closeness. Values independence above connection. Tends to withdraw when things get emotionally intense. May appear self-sufficient but is actually terrified of vulnerability.

DO YOU RECOGNIZE YOURSELF?

○ ○ I feel uncomfortable when partners get too emotionally close or dependent ○ ○ I value my independence and self-sufficiency above almost everything ○ ○ I tend to pull away or shut down when things get emotionally intense ○ ○ I have been told I am "emotionally unavailable" or "hard to read" ○ ○ I often feel trapped or suffocated in committed relationships

How does this attachment style show up in YOUR life and relationships? Give specific examples.

Disorganized Attachment

A painful combination of craving closeness and fearing it simultaneously. Often rooted in trauma where the caregiver was both the source of comfort and the source of danger. Results in

push-pull dynamics, hot-cold behavior, and deep confusion about love.

DO YOU RECOGNIZE YOURSELF?

☐ ☐ I want closeness desperately but panic or sabotage when I get it ☐ ☐ My behavior in relationships is inconsistent — sometimes pursuing, sometimes fleeing ☐ ☐ I have difficulty trusting partners even when they have given me no reason to distrust them ☐ ☐ Intimacy feels simultaneously necessary and terrifying ☐ ☐ My relationships tend to be chaotic, intense, and short-lived

How does this attachment style show up in YOUR life and relationships? Give specific examples.

Attachment & Recovery Synthesis

1. Which attachment style resonated most strongly? How has this style protected you — and how has it cost you?

2. How did your substance use reinforce or intensify your attachment pattern? Was your substance a way of managing attachment anxiety or avoidance?

3. What would "earned secure attachment" look like for you? What specific behaviors would need to change?

4. What is one concrete step you can take this week to practice more secure relational behavior — even in small ways?

PART 3 OF 4 · READING

The Relapse Relationship: Patterns That Threaten Your Recovery

Not all relationships are created equal when it comes to recovery. Some partnerships support, stabilize, and deepen your sobriety. Others actively undermine it — not always because the other person is harmful, but because the patterns you bring to the relationship recreate the same dynamics that drove your addiction in the first place. These are what clinicians call "relapse relationships" — partnerships that function as threats to sustained recovery regardless of how good they feel in the moment.

The most dangerous relapse relationship pattern is what we'll call "substance substitution." This is when you transfer the neurological and psychological dynamics of addiction onto a person. The signs are unmistakable once you know what to look for: obsessive thinking about the partner, mood regulation dependent on the partner's behavior, tolerance escalation (needing more contact, more reassurance, more intensity to feel okay), withdrawal symptoms when the partner is unavailable (anxiety, irritability, panic, depression), continued pursuit despite negative consequences, and loss of identity outside the relationship. If this sounds familiar, it should — these are the diagnostic criteria for substance use disorder, applied to a person.

The second pattern is "caretaker codependency" — choosing a partner who is in active addiction, actively dysfunctional, or in chronic crisis, because the chaos of their life gives you a purpose that distracts you from your own work. You become the savior, the fixer, the one who holds everything together — and in doing so, you avoid the terrifying task of building your own life. This pattern is particularly seductive in recovery because it mimics the language of service: "I'm just trying to help." But there is a critical difference between genuine service and codependent caretaking: genuine service comes from overflow. Codependent caretaking comes from emptiness.

The third pattern is "avoidant distancing" — using the structure of a relationship to appear connected while keeping all genuine vulnerability at arm's length. You have a partner, you perform the rituals of relationship, but you never actually let them in. This pattern protects you from the risk of being truly known — and therefore truly rejected. It looks like a relationship from the outside. But inside, you are still as alone as you were in active addiction, still hiding, still performing, still keeping the real you locked away where no one can hurt it.

The fourth pattern is "repetition compulsion" — unconsciously seeking out partners who recreate the dynamics of your original wounds. The child of an alcoholic who dates alcoholics. The survivor of emotional abuse who finds emotionally abusive partners. The person who was abandoned who chooses partners who are perpetually unavailable. This is not bad luck or poor judgment. It is your psyche's attempt to master the original wound by recreating it — the unconscious fantasy that this time, you'll get it right. You never do, because the game is rigged from the start.

The fifth pattern — and the most overlooked — is "recovery avoidance through relationship." This is when a partnership becomes the excuse for not doing the deeper work. You stop going to meetings because you're spending time with your partner. You skip therapy because things are going well. You stop calling your sponsor because your partner "gets you." The relationship feels

like recovery because it feels good. But feeling good and doing the work are not the same thing. And when the relationship inevitably hits turbulence — as all relationships do — you discover that you have been building your house on sand.

Recognizing these patterns is not about condemning yourself or your relationships. It is about developing the diagnostic clarity to distinguish between partnerships that serve your recovery and partnerships that threaten it — before the threat becomes a relapse.

Reflection Questions

1. Which of the five relapse relationship patterns do you most identify with? Be brutally honest — this is for your recovery.

2. Have you ever experienced "substance substitution" in a relationship — using a person the way you used your substance? What were the signs?

3. Think about your most significant past relationships. Do you see a repetition compulsion pattern — the same type of person, the same dynamics, the same outcome?

4. Have you ever used a relationship to avoid doing recovery work? What happened when the relationship hit difficulty?

5. If your sponsor or therapist could observe your relationship patterns from the outside, what would they see that you might be minimizing or denying?

CHECK YOURSELF · CHECK-IN 3 OF 5

Recovery-Specific Relationship Patterns

Scale: 1 = Not at all · 2 = A little · 3 = Somewhat · 4 = Quite a bit · 5 = Very much

1. I have used romantic relationships as a substitute for the high I got from substances
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. I tend to lose myself — my routines, meetings, self-care — when I enter a new relationship
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I have a pattern of choosing partners who are emotionally unavailable, controlling, or themselves in active addiction
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I move too quickly in relationships — from first date to full enmeshment in weeks rather than months
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I use the relationship to avoid dealing with my own internal work and recovery growth
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. I become anxious, obsessive, or controlling when a partner doesn't respond the way I expect
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
7. I have difficulty being alone and feel incomplete without a romantic partner
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
8. I have neglected my recovery program or support network because of a romantic relationship
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

YOUR EXERCISE

Pattern Recognition Inventory

Identifying the Cycles That Keep Repeating

Purpose

Relapse relationship patterns operate below conscious awareness — they feel like 'just the way things are' until you name them explicitly. This inventory maps the specific patterns that have shown up across your relationships so you can interrupt them before they threaten your recovery.

Substance Substitution

Using a relationship to fill the void left by substances — obsessive thinking, mood dependence, withdrawal symptoms when the partner is unavailable.

How present is this pattern in your relationship history? (1 = never, 10 = dominant pattern)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Give a specific example of when this pattern showed up. What happened? How did it affect your recovery?

What would the healthy alternative to this pattern look like? What would you do differently?

Caretaker Codependency

Choosing partners who need to be saved, fixed, or managed — using their chaos to avoid your own work.

How present is this pattern in your relationship history? (1 = never, 10 = dominant pattern)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Give a specific example of when this pattern showed up. What happened? How did it affect your recovery?

What would the healthy alternative to this pattern look like? What would you do differently?

Identity Enmeshment

Losing yourself — your routines, friendships, meetings, hobbies, goals — inside the relationship.

How present is this pattern in your relationship history? (1 = never, 10 = dominant pattern)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Give a specific example of when this pattern showed up. What happened? How did it affect your recovery?

What would the healthy alternative to this pattern look like? What would you do differently?

Intimacy Avoidance

Having a relationship in name while keeping all genuine vulnerability locked away — performing connection without practicing it.

How present is this pattern in your relationship history? (1 = never, 10 = dominant pattern)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Give a specific example of when this pattern showed up. What happened? How did it affect your recovery?

What would the healthy alternative to this pattern look like? What would you do differently?

Repetition Compulsion

Unconsciously choosing partners who recreate the dynamics of your original wounds — the hope that this time it will be different.

How present is this pattern in your relationship history? (1 = never, 10 = dominant pattern)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Give a specific example of when this pattern showed up. What happened? How did it affect your recovery?

What would the healthy alternative to this pattern look like? What would you do differently?

Chaos Addiction

Being bored by stability and drawn to drama, intensity, and unpredictability — confusing turbulence with passion.

How present is this pattern in your relationship history? (1 = never, 10 = dominant pattern)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Give a specific example of when this pattern showed up. What happened? How did it affect your recovery?

What would the healthy alternative to this pattern look like? What would you do differently?

People-Pleasing & Self-Abandonment

Suppressing your own needs, opinions, and boundaries to keep the peace or avoid rejection — becoming whoever the partner needs you to be.

How present is this pattern in your relationship history? (1 = never, 10 = dominant pattern)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Give a specific example of when this pattern showed up. What happened? How did it affect your recovery?

What would the healthy alternative to this pattern look like? What would you do differently?

Pattern Summary & Commitment

1. Which pattern scored highest? What does this reveal about your deepest relational wound?

2. Which pattern is most directly connected to your relapse risk? How does this pattern create the conditions for substance use?

3. Write a pattern interrupt statement: "When I notice myself [specific pattern behavior], I will [specific alternative action] instead."

4. Who in your support system can help you stay accountable to breaking these patterns? What will you tell them?

YOUR EXERCISE

Red Flag / Green Flag Assessment

Learning to Trust Your Judgment Again

Calibrating Your Detector

Addiction destroyed your ability to trust your own judgment. You ignored red flags because acknowledging them would have required change you weren't ready for. In recovery, you are rebuilding that internal alarm system. This exercise helps you recalibrate by clearly naming what is healthy and what is harmful.

Communication

☐ RED FLAGS

- Refuses to discuss problems or shuts down
- Uses silence as punishment
- Gaslights — "That didn't happen" or "You're overreacting"
- Criticizes, belittles, or uses contempt

☐ GREEN FLAGS

- Engages in difficult conversations willingly
- Takes responsibility for their words and actions
- Validates your experience even during disagreement
- Communicates needs directly and honestly

Which red flags from this category have you ignored in past relationships? What was the cost?

Which green flags are most important to you? How will you screen for them?

Recovery Support

☐ RED FLAGS

- Minimizes your addiction or recovery needs
- Pressures you to drink or use "just a little"
- Resents your meetings, sponsor calls, or recovery time
- Has active addiction issues they refuse to address

☐ GREEN FLAGS

- Respects and supports your recovery program
- Understands that sobriety comes first

- Is willing to learn about addiction and recovery
- Has their own healthy coping mechanisms

Which red flags from this category have you ignored in past relationships? What was the cost?

Which green flags are most important to you? How will you screen for them?

Boundaries & Respect

☐ RED FLAGS

- Pushes past your stated boundaries repeatedly
- Makes you feel guilty for having needs
- Tries to isolate you from friends, family, or support system
- Moves the relationship forward faster than you're comfortable with

☐ GREEN FLAGS

- Respects your boundaries without resentment
- Encourages your independence and outside relationships
- Lets the relationship develop at a pace that feels safe
- Shows consistent respect in words and actions

Which red flags from this category have you ignored in past relationships? What was the cost?

Which green flags are most important to you? How will you screen for them?

Emotional Health

☐ RED FLAGS

- Extreme jealousy, possessiveness, or controlling behavior
- Explosive anger with no accountability or repair

- Chronic victim mentality — nothing is ever their fault
- Love-bombing followed by withdrawal or devaluation

☐ GREEN FLAGS

- Manages their emotions without making them your responsibility
- Takes accountability for mistakes and makes amends
- Has their own support system and doesn't rely solely on you
- Shows consistent, stable care rather than dramatic intensity

Which red flags from this category have you ignored in past relationships? What was the cost?

Which green flags are most important to you? How will you screen for them?

My Personal Red/Green Flag List

1. Write your personal top 5 red flags — the warning signs YOU are most likely to ignore because of your specific patterns.

2. Write your personal top 5 green flags — the qualities that would indicate a partner is genuinely good for your recovery and your growth.

3. What is the difference between a red flag and a human imperfection? How will you distinguish between a partner's growth area and a genuine threat?

4. What is your plan when you notice a red flag? Who will you talk to? What will you do before you talk yourself out of it?

PART 4 OF 4 · READING

Building the Partnership You Deserve: A Recovery Framework for Love

If the previous sections have been about diagnosing what's broken, this section is about building what's possible. Because the goal of this work is not to make you afraid of relationships or to keep you isolated in a recovery bubble forever. The goal is to equip you with the skills, the self-awareness, and the relational capacity to build a partnership that is genuinely worthy of the life you are creating in recovery. You deserve that. And you are capable of it. But it requires a fundamentally different approach than the one that got you here.

The foundation of a recovery-supportive relationship is what we'll call "two whole people choosing each other." This is the opposite of the codependent model, where two incomplete people fuse together in an attempt to create one functional unit. In the recovery model, each partner has their own identity, their own support system, their own growth trajectory, and their own relationship with themselves. They come together not out of desperation or fear of being alone, but out of a genuine desire to share the journey of life with another conscious, growing human being. This doesn't mean you have to be "perfectly healed" before you can date. It means you have to be actively healing — engaged in your own work, honest about your limitations, and unwilling to abandon yourself for the sake of a relationship.

The first pillar of recovery-supportive partnership is radical honesty. Not the kind of honesty that uses truth as a weapon ("I'm just being honest"), but the kind that requires courage: telling your partner what you actually need, admitting when you're struggling, disclosing your fears, acknowledging your mistakes, and being transparent about your recovery. In active addiction, you perfected the art of deception. In recovery partnership, you practice the art of disclosure — not because it's comfortable, but because authentic intimacy cannot exist without it.

The second pillar is differentiated togetherness. This is the ability to be deeply connected to another person while remaining a distinct individual. It means you can love your partner without losing yourself. You can disagree without catastrophizing. You can spend time apart without panicking. You can support their growth without feeling threatened by it. Differentiation is the antidote to enmeshment — and enmeshment is one of the fastest roads to relapse.

The third pillar is conflict as growth. In addiction, conflict was something to be avoided, medicated, or won. In recovery partnership, conflict is information. It tells you where your growth edges are. It reveals unspoken needs, unhealed wounds, and unexamined assumptions. The question is not whether you and your partner will disagree — you absolutely will. The question is whether you can use those disagreements as fuel for mutual understanding rather than ammunition for destruction.

The fourth pillar is patience with the process. Recovery taught you that transformation doesn't happen overnight. The same is true for relational growth. Building a healthy partnership takes time — time to learn each other's patterns, time to develop trust, time to practice new communication skills, time to repair after ruptures, time to deepen intimacy. The addiction brain wants it all now. The recovery brain learns to trust the process.

The fifth pillar is recovery primacy. A recovery-supportive partnership is one in which both partners understand that sobriety comes first — not because the relationship doesn't matter, but because without sobriety, there is no relationship. This means attending meetings even when your partner wants you home. It means calling your sponsor even when your partner says you're overreacting. It means doing the internal work even when the external relationship feels easier. A partner who truly loves you will support your recovery. A partner who resents your recovery is a partner who needs you sick.

You are not building a relationship to complete yourself. You are building it to complement a self that is already whole, already worthy, and already in the process of becoming more fully alive.

Reflection Questions

1. What does "two whole people choosing each other" look like in your mind? How is this different from what you've experienced in past relationships?

2. Which of the five pillars (radical honesty, differentiated togetherness, conflict as growth, patience, recovery primacy) is your greatest strength? Which needs the most development?

3. What would "recovery primacy" look like in practice? Can you name specific scenarios where your recovery might conflict with a partner's wishes?

4. Write a vision statement for the partnership you want to build — not a description of the ideal partner, but a description of the ideal relationship dynamic.

5. What is the single most important thing you need to change about yourself before you can sustainably participate in the kind of relationship you've described?

CHECK YOURSELF · CHECK-IN 4 OF 5

Boundaries & Communication

Scale: 1 = Not at all · 2 = A little · 3 = Somewhat · 4 = Quite a bit · 5 = Very much

1. I can communicate my needs and desires to a partner without guilt, anger, or manipulation
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. I can say "no" to a partner without feeling like I am abandoning or betraying them
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I know my deal-breakers and non-negotiables and I enforce them consistently
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I can express disagreement without escalating into conflict, shut-down, or withdrawal
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I can receive feedback or criticism from a partner without becoming defensive or spiraling into shame
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. I have the ability to set limits on how much I give without losing myself in the process
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
7. I do not use silence, withdrawal, or passive-aggression as tools for managing conflict
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
8. I am comfortable having difficult conversations about feelings, needs, and expectations
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

CHECK YOURSELF · CHECK-IN 5 OF 5

Growth & Intimacy Capacity

Scale: 1 = Not at all · 2 = A little · 3 = Somewhat · 4 = Quite a bit · 5 = Very much

1. I am willing to be emotionally vulnerable with a partner even when it feels risky
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. I can repair after conflict — apologize, take accountability, and move forward without resentment
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I am actively working on becoming the kind of partner I want to attract
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. I can handle the uncertainty and imperfection that comes with real intimacy
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I am open to learning from relationship challenges rather than running from them or using them as proof I am broken
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. I can show love and receive love without sabotaging it out of fear or unworthiness
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
7. I have a vision for what a healthy, recovery-supportive partnership looks like
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
8. I am patient with the process of building a relationship slowly and intentionally
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

YOUR EXERCISE

Boundary Mapping Workshop

Defining What You Will and Won't Accept

Boundaries Are Recovery

In active addiction, you had no boundaries — or your boundaries were walls. Learning the difference between a healthy boundary and an unhealthy wall is one of the most important relationship skills in recovery. A boundary says 'I love you AND I protect myself.' A wall says 'I will never let you close enough to hurt me.' One builds connection. The other ensures isolation.

Non-Negotiables: Lines I Will Not Cross

These are absolute deal-breakers — conditions under which you will not remain in a relationship regardless of how much you love the person. They protect your recovery, your safety, and your self-respect.

☐ ☐ Active substance use by a partner ☐ ☐ Physical violence or threats of violence ☐ ☐ Emotional abuse, manipulation, or gaslighting ☐ ☐ Repeated dishonesty or betrayal of trust ☐ ☐ Pressure to compromise my sobriety or skip recovery activities ☐ ☐ Contempt, ridicule, or disrespect as a pattern ☐ ☐ Refusal to address problems or attend counseling when needed ☐ ☐ Controlling or isolating behavior

Add your own non-negotiables:

What are YOUR absolute deal-breakers?

Emotional Boundaries

1. What emotions are you willing to share with a partner? Where is the line between healthy vulnerability and over-disclosure?

2. How will you protect yourself from absorbing a partner's emotions or being responsible for their mood?

3. What does "too much too fast" look like for you emotionally?

Time & Energy Boundaries

1. How much time together versus time apart do you need to stay healthy?

2. What recovery activities (meetings, therapy, sponsor calls) are non-negotiable regardless of relationship demands?

3. How will you maintain your own friendships, hobbies, and interests within a relationship?

Recovery Boundaries

1. What does a partner need to understand about your recovery before the relationship deepens?

2. How will you handle it if a partner drinks or uses substances around you?

3. What recovery practices will you maintain regardless of relationship pressure?

Physical & Sexual Boundaries

1. What are your physical boundaries in early dating? How will you communicate them?

2. How will you ensure that physical intimacy is based on genuine desire rather than people-pleasing, obligation, or fear?

3. What does consent look like for you — both giving and receiving?

Financial Boundaries

1. How will you maintain financial independence within a relationship?

2. What is your boundary around lending money, co-signing, or financial enmeshment?

3. How will you handle financial disagreements or different spending values?

Boundary Communication Scripts

Practice saying your boundaries out loud. Write the actual words you would use in each scenario.

Scenario: A partner wants to move faster than you're comfortable with — physically, emotionally, or in terms of commitment.

Scenario: A partner dismisses, criticizes, or pressures you about attending a recovery meeting.

Scenario: You realize you have been abandoning your own needs to please your partner and need to course-correct.

Scenario: A partner does something that triggers a strong emotional response and you need space to process before responding.

YOUR EXERCISE

Communication Skills Lab

Replacing Addiction-Era Communication with Recovery Communication

The Upgrade

In active addiction, you communicated through manipulation, avoidance, aggression, or silence. These patterns don't disappear with sobriety — they have to be consciously replaced. This lab teaches you the specific communication skills that healthy relationships require.

"I" Statements Practice

Replace blame ("You always...") with ownership ("I feel... when... because... I need...").

"You never listen to me. You don't care about what I have to say."

Rewrite using "I feel... when... because... I need..."

"You're being selfish. Everything is always about you."

Rewrite using "I feel... when... because... I need..."

"You always cancel plans. You obviously don't want to be with me."

Rewrite using "I feel... when... because... I need..."

Active Listening Practice

Listening to understand rather than to respond, defend, or fix.

Your partner says: "I feel like you're not really present when we're together. You're always on your phone or thinking about something else."

Write a response that reflects back what you heard, validates their feeling, and asks a curious question.

Your partner says: "I'm worried about your recovery. You seem stressed and you've been skipping meetings."

Write a response that doesn't get defensive — acknowledge their concern, share what's really going on, and invite them in.

Your partner says: "I need more physical affection. I feel like you pull away when I try to be close."

Write a response that honors their need while honestly communicating your experience.

Repair After Conflict

The ability to come back together after a rupture is more important than avoiding ruptures.

You said something hurtful during an argument. You know you were wrong but your pride is resisting an apology.

Write the repair conversation. Include: accountability, empathy for impact, and commitment to change.

Your partner hurt you and you shut down for three days. You're ready to reconnect but don't know how.

Write what you would say to re-open communication after a shutdown.

You and your partner had a disagreement where neither of you was completely wrong. You need to find a compromise.

Write a script for finding middle ground while honoring both perspectives.

Communication Growth Reflection

1. Which communication skill is hardest for you? What makes it difficult — fear, pride, habit, or lack of practice?

2. How did your communication patterns in active addiction differ from what healthy communication requires? What specific habits need to change?

3. Who in your life models healthy communication? What can you learn from watching them?

4. Write a commitment: "In my next relationship conflict, I will practice [specific skill] by [specific action]."

YOUR EXERCISE

Partnership Vision Builder

Designing the Relationship That Serves Your Recovery and Your Life

Vision Before Action

You wouldn't build a house without blueprints. Yet most people enter relationships without a clear vision of what they're building. This exercise helps you create detailed blueprints for the partnership you want — not a fantasy, but a realistic, recovery-supportive vision grounded in your values, your growth, and your experience.

A Day in My Ideal Partnership

Describe a single, ordinary day in the relationship you want to build. Not a vacation day or a special occasion — a regular Tuesday. What does the morning look like? How do you communicate? How do you handle the mundane?

Describe an ordinary day in your ideal relationship...

Relationship Vision by Dimension

Emotional Connection

What does emotional intimacy look like? How do you share feelings? How do you handle each other's difficult emotions?

Communication

How do you talk to each other? How do you handle disagreements? What does "checking in" look like?

Recovery Integration

How does recovery fit into the relationship? How does your partner support your sobriety? How do you navigate recovery-specific challenges together?

Independence & Togetherness

How do you balance closeness with individual space? What does each person do independently? How do you avoid enmeshment?

Growth & Challenge

How do you grow together? How do you handle stagnation? How do you support each other through difficult seasons?

Fun & Joy

What does fun look like sober? How do you laugh together? What adventures or activities do you share?

Who Do I Need to Become?

1. Looking at your vision, what kind of person does this relationship require you to be? What qualities, skills, and capacities do you need to develop?

2. What is the gap between who you are today and the person described above? Be specific and compassionate.

3. What are three concrete actions you can take in the next 30 days to close that gap — regardless of whether you are in a relationship?

4. Write a letter to your future partner describing who you are becoming and what you are committed to bringing to the relationship.

YOUR EXERCISE

Relational Self-Care Toolkit

Your Personalized Menu for Relational Health

Build Your Toolkit

Different relational challenges require different tools. Select the practices that resonate with you and build a personalized toolkit you can turn to when relationship situations trigger old patterns, when you feel yourself losing your center, or when you need to reconnect with your recovery before responding to a partner.

Solo Grounding Practices

☐ Journaling about relationship feelings ☐ Meditation or prayer ☐ Physical exercise ☐ Time in nature alone ☐ Creative expression ☐ Reading recovery literature

Add your own tools for this category:

Support System Activation

☐ Call sponsor about relationship feelings ☐ Therapy session focused on relationships ☐ Honest conversation with trusted friend ☐ Recovery peer who models healthy relationships ☐ Support

group for relationship issues

Add your own tools for this category:

Skill-Building Activities

- ☐ Practice "I" statements in low-stakes situations
- ☐ Read a relationship/communication book
- ☐ Attend a workshop on healthy relationships
- ☐ Practice boundary-setting in daily life
- ☐ Work Steps 4-10 through relationship lens
- ☐ Role-play difficult conversations with sponsor

Add your own tools for this category:

Pattern Interrupts

- ☐ 24-hour rule before responding to triggers
- ☐ HALT check (Hungry, Angry, Lonely, Tired)
- ☐ Call before texting when emotionally activated
- ☐ Write the message but don't send it for 24 hours
- ☐ Ask "Is this my pattern talking or my truth?"
- ☐ Consult support system before major relationship decisions

Add your own tools for this category:

Self-Worth Practices

- ☐ List 3 things you like about yourself daily
- ☐ Maintain activities that give you identity outside relationship
- ☐ Practice receiving compliments without deflecting
- ☐ Set one boundary per week without apologizing
- ☐ Celebrate recovery milestones independently
- ☐ Invest in your own growth (classes, skills, goals)

Add your own tools for this category:

My Relational Self-Care Commitment

1. Based on the tools you selected, what is your daily relational self-care routine? What will you do every day regardless of relationship status?

2. What will you do at the FIRST sign of an old pattern activating — the moment you notice yourself slipping into codependency, people-pleasing, or avoidance?

3. Who is your relational accountability partner — the person who has permission to ask you hard questions about your relationship patterns?

4. What is your "emergency plan" for when a relationship situation threatens your recovery? Write specific steps.

YOUR EXERCISE

7-Day Relational Growth Check-In

Daily Practice for Building Relational Awareness

The Practice

Growth happens in daily practice, not dramatic breakthroughs. Each day, take 5-10 minutes to check in with your relational patterns, your emotional state, and your recovery. This builds the habit of relational awareness — the foundation for choosing differently.

Day 1

What relational pattern or emotion showed up today? (Even if you're single — how did you relate to others?)

Did I practice any of the skills from this intensive? Which one?

What did I do for my own wellbeing today — independent of any relationship?

What is one thing I want to do differently tomorrow?

Relational health rating today (1 = completely reactive/old patterns, 10 = fully intentional/growth)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Day 2

What relational pattern or emotion showed up today? (Even if you're single — how did you relate to others?)

Did I practice any of the skills from this intensive? Which one?

What did I do for my own wellbeing today — independent of any relationship?

What is one thing I want to do differently tomorrow?

Relational health rating today (1 = completely reactive/old patterns, 10 = fully intentional/growth)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Day 3

What relational pattern or emotion showed up today? (Even if you're single — how did you relate to others?)

Did I practice any of the skills from this intensive? Which one?

What did I do for my own wellbeing today — independent of any relationship?

What is one thing I want to do differently tomorrow?

Relational health rating today (1 = completely reactive/old patterns, 10 = fully intentional/growth)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Day 4

What relational pattern or emotion showed up today? (Even if you're single — how did you relate to others?)

Did I practice any of the skills from this intensive? Which one?

What did I do for my own wellbeing today — independent of any relationship?

What is one thing I want to do differently tomorrow?

Relational health rating today (1 = completely reactive/old patterns, 10 = fully intentional/growth)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Day 5

What relational pattern or emotion showed up today? (Even if you're single — how did you relate to others?)

Did I practice any of the skills from this intensive? Which one?

What did I do for my own wellbeing today — independent of any relationship?

What is one thing I want to do differently tomorrow?

Relational health rating today (1 = completely reactive/old patterns, 10 = fully intentional/growth)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Day 6

What relational pattern or emotion showed up today? (Even if you're single — how did you relate to others?)

Did I practice any of the skills from this intensive? Which one?

What did I do for my own wellbeing today — independent of any relationship?

What is one thing I want to do differently tomorrow?

Relational health rating today (1 = completely reactive/old patterns, 10 = fully intentional/growth)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Day 7

What relational pattern or emotion showed up today? (Even if you're single — how did you relate to others?)

Did I practice any of the skills from this intensive? Which one?

What did I do for my own wellbeing today — independent of any relationship?

What is one thing I want to do differently tomorrow?

Relational health rating today (1 = completely reactive/old patterns, 10 = fully intentional/growth)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Week in Review

1. Looking at your 7 days of check-ins, what relational patterns appeared most frequently? Were any surprising?

2. Did your relational health rating change over the week? What contributed to higher or lower days?

3. Which skill from this intensive did you practice most? Which one felt most impactful?

4. What is the most important thing you learned about yourself this week — as a person in recovery who wants to grow in their capacity for love?

5. Write a commitment statement for the next chapter of your relational growth: "I am committed to..."
