

Family Resiliency Intensive

Sobriety & Resilience · The Recovery Files

Now That You're Sober — How Will You Show Up for Your Family?

From Wreckage to Restoration — The Recovery Files

Disconnected · Broken trust, damaged bonds · Reconnected · Honest, healthy, growing together

In this workbook

- Part 1 · You're Sober — Now What Happens to Your Family?
 - Check-in: Relationship with Parents
 - Check-in: Relationship with Siblings
 - Check-in: Relationship with Children
 - Exercise: Family Relationship Explorer
- Part 2 · The Wreckage You Left Behind: Family Impact of Addiction
 - Exercise: Addiction Impact Map
- Part 3 · Understanding Your Family System: Roles, Rules, and Patterns
 - Check-in: Family Communication Patterns
 - Exercise: Family Roles Inventory
 - Exercise: Communication Transformation
 - Exercise: Generational Patterns Excavation
- Part 4 · Rebuilding: The Long Road from Wreckage to Restoration
 - Check-in: Boundaries & Balance
 - Check-in: Family Healing & Growth
 - Exercise: Boundary Builder
 - Exercise: Living Amends Planner
 - Exercise: Family Trigger-Response Plan
 - Exercise: Daily Family Connection Check-In (7 Days)
 - Exercise: Family Growth Blueprint

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 Happens to Your Family?

You got sober. You did the hardest thing many people will ever do. And somewhere in the back of your mind — or maybe right at the front — was the belief that sobriety would fix your family. That once you stopped using, the people you love would come back, trust would be restored, and the years of chaos would melt into gratitude and reconciliation.

For some people, some of that happens. But for most people in sustained recovery, the reality is more complicated, more painful, and more important to understand than the fantasy.

Here is the uncomfortable truth: sobriety removes the substance, but it does not automatically repair the relationships that the substance damaged. In many cases, getting sober actually intensifies family conflict rather than resolving it.

During active addiction, family members developed survival strategies — enabling, avoiding, controlling, detaching, numbing. When you get sober, those strategies don't just evaporate. Your family members may be waiting for the other shoe to drop. They may be carrying years of accumulated hurt, anger, betrayal, and grief that they suppressed during your active use because they were too busy keeping things together to process their own pain.

This is the paradox of family recovery: just when you feel like you have finally done the right thing, the people closest to you may be just beginning to feel safe enough to fall apart. Your sobriety creates the conditions for their grief, anger, and fear to surface — and that can feel deeply unfair. You are working harder than you have ever worked. You are doing everything right. And your family seems angrier than ever.

Understanding this dynamic is essential. It is not punishment. It is not ingratitude. It is the natural consequence of the fact that families heal on their own timeline, not yours. Your recovery is your responsibility. Their healing is theirs. And the two processes often occur at different speeds and in different sequences.

At twelve months and beyond, the initial crisis of early recovery has stabilized. You have a foundation. You have structure. You have tools. The question now is not "Can I stay sober?" but "What kind of family member will I become?"

Because sobriety gives you back the capacity to be present, to participate, to connect — but capacity is not the same as skill. You may have the desire to be a better parent, a better child, a better sibling, a better partner. But desire alone does not rebuild what was broken. That requires specific skills, sustained effort, genuine accountability, and the humility to accept that some damage takes much longer to repair than it took to create.

This intensive is designed to help you examine your family relationships with honesty and depth — not to assign blame or wallow in guilt, but to understand where you are, where you want to be, and what concrete steps will move you from one to the other.

The work is difficult. But the payoff — genuine, authentic family connection built on a foundation of recovery and personal growth — is one of the most meaningful things you will ever achieve.

Reflection Questions

1. Did you enter recovery with the expectation that sobriety would automatically heal your family relationships? How has reality compared to that expectation?

2. Where are your family relationships today — honestly? Which relationships are improving, which are stuck, and which may be getting worse?

3. Have you experienced the paradox described above — your family members becoming more vocal about their pain now that you are sober? How has that affected you?

4. What kind of family member do you want to become — not just "sober" but specifically, concretely? Describe the parent, child, sibling, or partner you are working to be.

5. On a scale of 1-10, how much has your family participation changed since getting sober? What accounts for the change — or the lack of one?

CHECK YOURSELF · CHECK-IN 1 OF 6

Relationship with Parents

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

1. I have a relationship with my parent(s) that includes open, honest communication about feelings and needs

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. I have addressed — or am actively working to address — unresolved resentments, hurts, or conflicts with my parent(s)
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I am able to interact with my parent(s) without reverting to childhood roles, patterns, or emotional reactions
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I have been able to separate my parents' limitations from my own sense of worth and identity
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I can set healthy boundaries with my parent(s) without excessive guilt or fear of abandonment
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. I have made amends where appropriate, and have accepted that some repair may not be possible
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
7. I understand how my parents' own struggles, traumas, or addictions influenced my development without using that understanding as an excuse
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
8. I can be emotionally present with my parent(s) without needing substances to manage the interaction
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

CHECK YOURSELF · CHECK-IN 2 OF 6**Relationship with Siblings**

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

1. I have honest, supportive relationships with my sibling(s) that go beyond surface-level contact
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. I have addressed or am addressing any roles (caretaker, black sheep, mediator) that are no longer serving me
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I do not engage in unhealthy competition, comparison, or rivalry with my sibling(s)
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I have had honest conversations with my sibling(s) about how addiction affected our family and our individual relationships
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I am able to maintain my own recovery boundaries even when siblings do not understand or support my choices
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. I have addressed any enabling or codependent patterns that exist between myself and my sibling(s)
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

7. I can show up authentically with my sibling(s) rather than performing a role to maintain family equilibrium

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

8. I feel a genuine sense of connection — not just obligation — in my sibling relationships

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

CHECK YOURSELF · CHECK-IN 3 OF 6

Relationship with Children

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

1. I am actively and consistently present in my children's lives — not just physically, but emotionally and attentively

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. I have begun the process of rebuilding trust with my children after the damage caused by my addiction

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. I am able to provide age-appropriate honesty about my recovery without burdening my children with adult responsibilities

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. I am aware of how my addiction has affected my children and I am taking concrete steps to address that impact

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. I can parent with consistency, patience, and healthy boundaries rather than swinging between guilt-driven permissiveness and reactive harshness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. I am breaking the generational cycle of dysfunction by modeling emotional health, accountability, and recovery for my children

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

7. I prioritize quality time with my children and am building new, positive shared experiences and memories

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

8. I seek guidance from therapists, sponsors, or parenting resources when I am struggling with the challenges of parenting in recovery

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

YOUR EXERCISE

Family Relationship Explorer

Mapping the Challenges in Your Family System

Why This Matters

Vague awareness — 'My family relationships need work' — leads to vague effort. Specific awareness — 'I am struggling with rebuilding trust with my daughter and setting boundaries with my enabling mother' — leads to targeted, effective action. Tap the specific challenges you recognize in each family relationship category.

Parents 8 specific challenges →

- ☐ Unresolved Resentment ☐ Seeking Approval ☐ Role Reversal ☐ Grief Over Lost Time ☐ Difficulty Setting Boundaries ☐ Fear of Disappointing ☐ Codependency ☐ Estrangement

Siblings 8 specific challenges →

- ☐ Rivalry / Competition ☐ Caretaker Burden ☐ Enmeshment ☐ Estrangement ☐ Unequal Treatment ☐ Resentment ☐ Enabling Patterns ☐ Lost Connection

Children 8 specific challenges →

- ☐ Guilt Over Absence ☐ Rebuilding Trust ☐ Overcompensating ☐ Fear of Repeating Patterns ☐ Age-Inappropriate Honesty ☐ Difficulty with Discipline ☐ Emotional Distance ☐ Amends Complexity

Partner / Spouse 8 specific challenges →

- ☐ Trust Repair ☐ Intimacy Avoidance ☐ Communication Breakdown ☐ Codependency ☐ Financial Resentment ☐ Unequal Recovery Pace ☐ Boundary Confusion ☐ Sexual Intimacy Issues

Extended Family 8 specific challenges →

- ☐ Judgment / Stigma ☐ Holiday Stress ☐ Boundary Violations ☐ Enabling Networks ☐ Cultural Expectations ☐ Family Secrets ☐ Loyalty Conflicts ☐ Generational Trauma

Family of Origin 8 specific challenges →

- ☐ Childhood Wounds ☐ Parentification ☐ Neglect Patterns ☐ Abuse History ☐ Emotional Unavailability ☐ Addiction Modeling ☐ Enmeshment / Control ☐ Abandonment

Family Relationship Reflection

1. Which family category has the most challenges selected? What does this tell you about where your energy and attention need to go?

2. Which specific challenge feels most urgent to address right now? What would the first step look like?

3. Are there challenges you selected that you have never discussed with anyone — therapist, sponsor, or trusted person? What has kept you silent?

4. Which family relationship gives you the most hope? Which one feels the most stuck? What accounts for the difference?

5. If you could resolve ONE family challenge completely this year, which would have the greatest positive ripple effect across your entire family system?

PART 2 OF 4 · READING

The Wreckage You Left Behind: Family Impact of Addiction

One of the most difficult but necessary tasks in family recovery is looking honestly at the impact your addiction had on the people who love you. This is not about self-flagellation. It is not about drowning in guilt or shame. It is about developing the accurate understanding of consequences that genuine accountability requires.

Addiction does not happen in isolation. It happens inside a family system, and it reshapes that system in ways that persist long after the substance is removed. Understanding how your family was affected is not optional in sustained recovery — it is the prerequisite for meaningful repair.

Children who grew up with an addicted parent carry specific wounds. They learned that the people who are supposed to protect them are unreliable. They learned to read moods before entering a room because their safety depended on it. They learned to become invisible, or to become the family caretaker, or to act out in ways that drew attention away from the real problem. They learned that love is conditional, inconsistent, and often accompanied by chaos.

These lessons are not abstract — they are wired into the developing nervous system as survival adaptations that will shape your children's relationships, self-concept, and emotional functioning for decades unless actively addressed.

If you were physically present but emotionally absent, your children experienced a particular form of abandonment — the kind where the person is in the room but unreachable. They may have memories of talking to you and realizing you weren't hearing them. They may remember watching your eyes glaze, your attention wander, your mood shift unpredictably. They may have learned that their needs were less important than whatever was consuming you.

This is a profound wound, and it doesn't heal just because you are sober now.

Parents of addicted children carry their own devastation. They watched helplessly as the child they raised and loved disappeared into a disease they couldn't fix. They may have enabled, controlled, rescued, and exhausted themselves trying to save you. They may have lost retirement savings to treatment costs, legal fees, or simply keeping you alive. They may have spent years in a state of chronic hypervigilance — jumping every time the phone rang, never knowing if this was the call that said you were dead.

That level of sustained terror leaves marks.

Siblings were affected in ways that are often overlooked. They may have lost their parents' attention to your crisis. They may have taken on roles that weren't theirs — the responsible one, the peacekeeper, the family therapist. They may carry resentment that is perfectly legitimate and difficult for you to hear. They may feel guilty about their own anger or about the relief they felt when you finally got help. Some siblings are angry. Some are grieving. Some are both.

Partners and spouses experienced their own form of trauma. They lived with broken promises, financial instability, dishonesty, emotional unavailability, and sometimes violence or neglect.

They may have covered for you, lied for you, cleaned up after you. They may have lost their own identity in the process of managing your addiction. And now that you are sober, they may not know who they are outside of crisis mode — and they may not trust your recovery enough to let down their guard.

The point of cataloging this damage is not to destroy you with guilt. It is to give you an accurate map of what you are working with. You cannot repair what you do not understand. You cannot make amends for harm you refuse to see. And you cannot rebuild trust by pretending the past didn't happen.

The wreckage is real. Acknowledging it fully — without minimizing, rationalizing, or drowning in shame — is the foundation upon which genuine family healing is built.

Reflection Questions

1. Which family member do you believe was most impacted by your addiction? What does their experience look like from THEIR perspective, not yours?

2. Have you had honest conversations with your family members about the specific ways your addiction affected them? If not, what has prevented these conversations?

3. Which of the impacts described above — on children, parents, siblings, or partners — hit hardest for you? Why?

4. How do you typically respond when confronted with the damage your addiction caused? Do you sit with it, minimize it, get defensive, or collapse into shame? How does your response affect the other person?

5. What is the difference between guilt that is productive (leading to accountability and change) and guilt that is destructive (leading to shame spirals and avoidance)? Where do you fall?

YOUR EXERCISE

Addiction Impact Map

Honestly Assessing the Damage — Person by Person

Purpose

This is not designed to punish you. It is designed to create an honest, detailed map of the impact your addiction had on each family member so that your rebuilding efforts can be targeted, specific, and genuinely responsive to the harm that was done. You cannot repair what you will not name.

Family Member #1

Who is this person? (Name and relationship — e.g., "Sarah, my daughter, age 14")

What did this person experience during your active addiction? Be specific — not "they were hurt" but exactly HOW they were affected.

If this person could describe their experience of your addiction in their own words, what would they say? (Try to see it entirely from their perspective)

What did this person lose because of your addiction? (Trust, time, financial security, emotional safety, a normal childhood, their own identity, etc.)

Where does this relationship stand today? What has been repaired and what remains broken or fragile?

What does this person need from you NOW — not what you think they should need, but what they have actually communicated or what you can reasonably infer?

What is ONE specific, concrete action you can take in the next 30 days to begin meeting that need?

Family Member #2

Who is this person? (Name and relationship — e.g., "Sarah, my daughter, age 14")

What did this person experience during your active addiction? Be specific — not "they were hurt" but exactly HOW they were affected.

If this person could describe their experience of your addiction in their own words, what would they say? (Try to see it entirely from their perspective)

What did this person lose because of your addiction? (Trust, time, financial security, emotional safety, a normal childhood, their own identity, etc.)

Where does this relationship stand today? What has been repaired and what remains broken or fragile?

What does this person need from you NOW — not what you think they should need, but what they have actually communicated or what you can reasonably infer?

What is ONE specific, concrete action you can take in the next 30 days to begin meeting that need?

Family Member #3

Who is this person? (Name and relationship — e.g., "Sarah, my daughter, age 14")

What did this person experience during your active addiction? Be specific — not "they were hurt" but exactly HOW they were affected.

If this person could describe their experience of your addiction in their own words, what would they say? (Try to see it entirely from their perspective)

What did this person lose because of your addiction? (Trust, time, financial security, emotional safety, a normal childhood, their own identity, etc.)

Where does this relationship stand today? What has been repaired and what remains broken or fragile?

What does this person need from you NOW — not what you think they should need, but what they have actually communicated or what you can reasonably infer?

What is ONE specific, concrete action you can take in the next 30 days to begin meeting that need?

Family Member #4

Who is this person? (Name and relationship — e.g., "Sarah, my daughter, age 14")

What did this person experience during your active addiction? Be specific — not "they were hurt" but exactly HOW they were affected.

If this person could describe their experience of your addiction in their own words, what would they say? (Try to see it entirely from their perspective)

What did this person lose because of your addiction? (Trust, time, financial security, emotional safety, a normal childhood, their own identity, etc.)

Where does this relationship stand today? What has been repaired and what remains broken or fragile?

What does this person need from you NOW — not what you think they should need, but what they have actually communicated or what you can reasonably infer?

What is ONE specific, concrete action you can take in the next 30 days to begin meeting that need?

Family Member #5

Who is this person? (Name and relationship — e.g., "Sarah, my daughter, age 14")

What did this person experience during your active addiction? Be specific — not "they were hurt" but exactly HOW they were affected.

If this person could describe their experience of your addiction in their own words, what would they say? (Try to see it entirely from their perspective)

What did this person lose because of your addiction? (Trust, time, financial security, emotional safety, a normal childhood, their own identity, etc.)

Where does this relationship stand today? What has been repaired and what remains broken or fragile?

What does this person need from you NOW — not what you think they should need, but what they have actually communicated or what you can reasonably infer?

What is ONE specific, concrete action you can take in the next 30 days to begin meeting that need?

Impact Map Summary

1. Looking across all the family members you mapped, what patterns do you see in the type of damage your addiction caused? (e.g., broken trust, emotional absence, financial harm, chaos)

2. Whose impact was hardest for you to write about? Why? What does that difficulty tell you?

3. Which relationship has the clearest path to repair? Which will take the longest? How do you stay committed to the long ones?

4. How does completing this map change your understanding of what "making amends" actually requires?

PART 3 OF 4 · READING

Understanding Your Family System: Roles, Rules, and Patterns

Every family operates as a system — a set of interconnected parts that function together according to established roles, rules, and patterns. Understanding your family system is essential because you do not exist in your family as an isolated individual. You exist as a part within a system, and the system shaped you, your addiction shaped the system, and your recovery is now reshaping it again.

Family systems theory, developed by Murray Bowen and expanded by researchers like Virginia Satir, identifies specific roles that family members adopt in response to dysfunction. In families affected by addiction, these roles become particularly rigid and pronounced.

The Identified Patient is the person whose problem — the addiction — becomes the family's organizing principle. Everything revolves around their crisis. When this person gets sober, the family may struggle because the organizing principle has been removed and no one knows what to focus on anymore. If you are reading this, this was likely your role.

The Enabler is the family member who protects the addicted person from the consequences of their behavior — making excuses, covering up, financially supporting, emotionally rescuing. Enablers are driven by love, fear, and a desperate need to maintain the illusion of normalcy. In your recovery, enablers often struggle to stop their enabling behaviors because those behaviors became their identity and their way of feeling needed.

The Hero is the overachieving family member who compensates for the family's dysfunction by excelling — academically, professionally, socially. They carry the family's honor on their shoulders and often appear to be the "healthy" one. In reality, they may be carrying enormous pressure, perfectionism, and unacknowledged emotional needs.

The Scapegoat is the family member who acts out, drawing negative attention away from the real problem. They are often labeled the "problem child" even though their behavior is a symptom of the family's dysfunction, not a cause.

The Lost Child is the quiet, withdrawn family member who copes by becoming invisible. They learned that the safest strategy was to not have needs, to not take up space, to not create any additional problems for a family that was already overwhelmed.

The Mascot uses humor, charm, and distraction to manage the family's anxiety. They keep things light when things are heavy. Behind the jokes, they are often deeply anxious and have difficulty being taken seriously or addressing their own pain.

Here is the critical insight for sustained recovery: these roles do not automatically dissolve when you get sober. They are deeply embedded patterns that have been reinforced for years, sometimes decades. Your recovery may have changed what happens in the family, but it does not automatically change how the family is organized.

This means that family growth in recovery requires more than individual change. It requires systemic awareness — understanding how your family's roles, rules, and patterns continue to operate, even in sobriety, and making conscious choices to participate differently.

You cannot change other people's roles. But you can change your own. And when one part of a system changes, the entire system must reorganize in response.

The unwritten rules of your family system are equally important. Every family has them: Don't talk about the real problems. Don't feel too much. Don't ask for help. Loyalty means silence. Conflict means danger. Vulnerability means weakness.

These rules were often established long before your addiction began — you may have inherited them from generations of family members who never examined them. In recovery, identifying and consciously choosing which rules you will follow and which you will break is one of the most powerful acts of family growth you can undertake.

Reflection Questions

1. Which family role(s) did you play — both before and during your addiction? How has your role changed in recovery, if at all?

2. Identify the roles that other family members play. How do these roles interact with yours? Where do you see rigidity that needs to soften?

3. What are the unwritten rules of your family system? List as many as you can identify. Which rules served you? Which ones are harmful?

4. How has your family system reorganized since you got sober? What has changed? What has stayed the same despite the change in your substance use?

5. If you could redesign your family system from scratch — new roles, new rules, new patterns — what would it look like?

CHECK YOURSELF · CHECK-IN 4 OF 6

Family Communication Patterns

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

1. I express my needs, feelings, and boundaries to family members directly rather than through hints, silence, or passive-aggression
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. I can listen to family members' feelings and perspectives — even critical ones — without becoming defensive or shutting down
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I avoid the destructive communication patterns (yelling, stonewalling, name-calling, blaming) that characterized my family during active addiction
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I can have difficult conversations with family members without needing to "win" or have the last word
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I practice empathy in family conversations, genuinely trying to understand others' experiences and not just my own
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. I am honest with my family members even when the truth is uncomfortable or might create temporary conflict
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
7. I can repair communication breakdowns — offering genuine apologies and accepting them — rather than letting conflicts fester
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
8. I model healthy communication for any children or younger family members who are observing and learning from me
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

YOUR EXERCISE

Family Roles Inventory

Identifying Who Played What Role — And What Needs to Change

Why Roles Matter

Family roles are like ruts in a road — once they are carved, everyone automatically follows them. Getting sober changes the surface conditions, but the ruts remain. Your family members will continue in their roles unless the roles are identified, discussed, and consciously restructured. This exercise makes the invisible visible.

The Identified Patient

The person whose problem organizes the family. Everyone's energy revolves around their crisis.

Who in your family plays or played this role? (May be multiple people; may include you)

How does this role currently operate in your family? Has it changed since you got sober, or does it persist?

What would it look like for this role to soften, shift, or dissolve? What would healthier participation look like for this person?

The Enabler / Caretaker

Protects the IP from consequences. Makes excuses, covers up, financially rescues, emotionally manages.

Who in your family plays or played this role? (May be multiple people; may include you)

How does this role currently operate in your family? Has it changed since you got sober, or does it persist?

What would it look like for this role to soften, shift, or dissolve? What would healthier participation look like for this person?

The Hero

Overachieves to compensate for family shame. Carries the family's honor. Often secretly exhausted and resentful.

Who in your family plays or played this role? (May be multiple people; may include you)

How does this role currently operate in your family? Has it changed since you got sober, or does it persist?

What would it look like for this role to soften, shift, or dissolve? What would healthier participation look like for this person?

The Scapegoat

Acts out, draws negative attention, is labeled "the problem" even though the real problem lies elsewhere.

Who in your family plays or played this role? (May be multiple people; may include you)

How does this role currently operate in your family? Has it changed since you got sober, or does it persist?

What would it look like for this role to soften, shift, or dissolve? What would healthier participation look like for this person?

The Lost Child

Becomes invisible. Copes by not having needs, not taking up space, not adding to the family's burden.

Who in your family plays or played this role? (May be multiple people; may include you)

How does this role currently operate in your family? Has it changed since you got sober, or does it persist?

What would it look like for this role to soften, shift, or dissolve? What would healthier participation look like for this person?

The Mascot

Uses humor and distraction to manage family anxiety. Keeps things light. Behind the jokes: deep anxiety.

Who in your family plays or played this role? (May be multiple people; may include you)

How does this role currently operate in your family? Has it changed since you got sober, or does it persist?

What would it look like for this role to soften, shift, or dissolve? What would healthier participation look like for this person?

Roles Inventory Summary

1. What was YOUR primary role in the family system? How has it served you? How has it limited you?

2. Which family member is most locked into their role? What would it take for them to begin stepping out of it?

3. How does your sobriety threaten the existing role structure? Who benefits from the old system staying intact?

4. Write a role transition statement: "I am stepping out of the role of _____ and into the role of a family member who _____."

YOUR EXERCISE

Communication Transformation

Replacing Destructive Patterns with Connective Ones

Communication Is the Bridge

Every family relationship exists inside of communication. The quality of your family relationships cannot exceed the quality of your communication. Old patterns of yelling, stonewalling, blaming, and dismissing will continue to erode even the strongest desire for connection. New patterns must be learned, practiced, and sustained.

Stonewalling / Silent Treatment

OLD PATTERN

Stonewalling / Silent Treatment

WHAT'S UNDERNEATH

Fear of conflict, feeling overwhelmed, wanting to punish

NEW PATTERN (SCRIPT)

"I need time to process. Can we talk about this at [specific time]?"

When did you last use this old communication pattern with a family member? What happened?

Write your OWN version of the new pattern script — in your voice, for your specific family situation.

Yelling / Explosions

OLD PATTERN

Yelling / Explosions

WHAT'S UNDERNEATH

Feeling unheard, powerless, or threatened

NEW PATTERN (SCRIPT)

"I'm getting activated. I need to take a pause before I say something I regret."

When did you last use this old communication pattern with a family member? What happened?

Write your OWN version of the new pattern script — in your voice, for your specific family situation.

Blaming / Deflecting

OLD PATTERN

Blaming / Deflecting

WHAT'S UNDERNEATH

Shame, fear of accountability, self-protection

NEW PATTERN (SCRIPT)

"I hear what you're saying. Let me think about my part in this."

When did you last use this old communication pattern with a family member? What happened?

Write your OWN version of the new pattern script — in your voice, for your specific family situation.

People-Pleasing / False Agreement

OLD PATTERN

People-Pleasing / False Agreement

WHAT'S UNDERNEATH

Fear of rejection, need for approval, conflict avoidance

NEW PATTERN (SCRIPT)

"I understand your perspective. Here's where I see it differently..."

When did you last use this old communication pattern with a family member? What happened?

Write your OWN version of the new pattern script — in your voice, for your specific family situation.

Bringing Up the Past as Ammunition**OLD PATTERN**

Bringing Up the Past as Ammunition

WHAT'S UNDERNEATH

Resentment, feeling unfairly attacked, score-keeping

NEW PATTERN (SCRIPT)

"Let's stay focused on what's happening right now and how we can address it."

When did you last use this old communication pattern with a family member? What happened?

Write your OWN version of the new pattern script — in your voice, for your specific family situation.

Minimizing / Dismissing Others' Feelings

OLD PATTERN

Minimizing / Dismissing Others' Feelings

WHAT'S UNDERNEATH

Discomfort with others' emotions, inability to fix it, guilt

NEW PATTERN (SCRIPT)

"That sounds really painful. Tell me more about what you're experiencing."

When did you last use this old communication pattern with a family member? What happened?

Write your OWN version of the new pattern script — in your voice, for your specific family situation.

Communication Summary

1. Which old communication pattern is most damaging to your family relationships right now?

2. Which family member brings out your worst communication patterns? What is it about that relationship that triggers the old patterns?

3. What would your family relationships feel like if you could communicate with honesty, respect, and emotional presence 80% of the time?

4. Write a communication commitment: "In my family conversations, I will practice _____ instead of _____."

YOUR EXERCISE

Generational Patterns Excavation

Understanding What You Inherited — And What You Will Interrupt

You Did Not Start From Scratch

You were born into a family with pre-existing patterns — patterns of communication, emotional expression, addiction, trauma response, and relating that were established long before you arrived. Understanding these patterns is not about blaming your family. It is about understanding the water you were swimming in so you can consciously choose to swim differently. The cycle breaks with the person who sees it clearly.

Addiction

Trace addiction through your family tree. Who else struggled? What substances? How was it handled — hidden, enabled, punished, or ignored?

How has this generational pattern shown up in YOUR life and YOUR family relationships?

What will the NEW pattern look like? How will YOU break this cycle?

Communication

How did your parents communicate conflict? How did their parents? What communication style were you taught by observation rather than instruction?

How has this generational pattern shown up in YOUR life and YOUR family relationships?

What will the NEW pattern look like? How will YOU break this cycle?

Emotional Expression

What emotions were permitted in your family of origin? Which were forbidden? Can you trace these rules back a generation or more?

How has this generational pattern shown up in YOUR life and YOUR family relationships?

What will the NEW pattern look like? How will YOU break this cycle?

Trauma

What significant traumas exist in your family history? (War, abuse, loss, poverty, displacement, mental illness) How have these traumas shaped family behavior across generations?

How has this generational pattern shown up in YOUR life and YOUR family relationships?

What will the NEW pattern look like? How will YOU break this cycle?

Parenting

How were you parented? How were your parents parented? What parenting patterns have you repeated — intentionally or not — with your own children?

How has this generational pattern shown up in YOUR life and YOUR family relationships?

What will the NEW pattern look like? How will YOU break this cycle?

Boundaries

Were boundaries respected in your family of origin? Was there enmeshment (no privacy, no individuality) or emotional cut-off (rigid walls, no vulnerability)? What did you inherit?

How has this generational pattern shown up in YOUR life and YOUR family relationships?

What will the NEW pattern look like? How will YOU break this cycle?

Roles & Power

Who held power in your family of origin? How was it distributed? Were certain members allowed needs and others expected to sacrifice? What does this look like in your current family?

How has this generational pattern shown up in YOUR life and YOUR family relationships?

What will the NEW pattern look like? How will YOU break this cycle?

Generational Patterns Summary

1. Which generational pattern has had the most powerful influence on your life and your addiction? How?

2. Which pattern are you most determined to break? What will it take?

3. If you have children or plan to, what do you want THEIR experience of family to be? How will it differ from yours?

4. Write a cycle-breaking declaration: "The pattern of _____ stops with me. In my family, the new pattern will be _____."

PART 4 OF 4 · READING

Rebuilding: The Long Road from Wreckage to Restoration

Rebuilding family relationships in recovery is not a project — it is a practice. It does not have a finish line. It does not follow a linear trajectory. There will be breakthroughs and setbacks, moments of profound connection and moments of devastating disappointment. Understanding this timeline — and accepting it — is essential for persevering through the difficult middle ground between the wreckage of addiction and the restoration you are working toward.

The first principle of rebuilding is that trust is rebuilt in drops and lost in buckets. You may have destroyed trust over months or years of addictive behavior. Rebuilding it will not happen through a single grand gesture, a heartfelt amends, or a year of perfect behavior. Trust is rebuilt through the relentless accumulation of small, consistent, trustworthy actions — showing up when you said you would, following through on commitments, telling the truth when it is easier to lie, being emotionally present when it is more comfortable to check out.

Each of these acts deposits a small amount of trust into an account that was catastrophically overdrawn. The balance will not return to positive for a long time. And your family members get to decide the pace of their trust-building, not you.

The second principle is that amends are not the same as apologies. An apology says, "I'm sorry." An amends says, "I'm sorry, I understand specifically what I did and how it affected you, and here is how my behavior has changed." Apologies are words. Amends are sustained changes in behavior that demonstrate genuine understanding and accountability.

Your family members have heard your apologies before — probably many times. What they need now is evidence, not promises. Living amends — the daily practice of being the person you claimed you would become — are more powerful than any verbal statement you will ever make.

The third principle is that you cannot control the outcome. You can do everything right — make genuine amends, show up consistently, communicate openly, respect boundaries, grow as a person — and some family relationships may still not heal. Some family members may choose not to forgive. Some may need years more time than you think is reasonable. Some may have been so deeply damaged that reconciliation is not possible, at least not in the form you want.

This is not failure. This is the natural consequence of the fact that you damaged another person's life, and they get to determine their own healing trajectory. Your responsibility is to do your part — fully, honestly, and without conditions. The outcome is not in your hands.

The fourth principle is that healthy family relationships in recovery look different than you might expect. The family you are rebuilding will not look like the family you had before addiction, because that family had its own dysfunction — dysfunction that likely contributed to the conditions in which addiction developed. The goal is not to return to the past. The goal is to build something new: relationships built on honesty rather than secrecy, connection rather than control, healthy boundaries rather than enmeshment, and personal responsibility rather than blame.

The fifth principle is that you need help. Family systems are complex, and the patterns embedded in them are often invisible to the people inside them. Family therapy, individual therapy that focuses on family-of-origin work, support groups for families affected by addiction (Al-Anon, Nar-Anon), and guidance from sponsors and mentors who have navigated this terrain before you are not optional add-ons. They are essential tools for the work ahead.

Rebuilding is slow. It is humbling. It sometimes feels thankless. But it is among the most important work you will ever do — not just for your family, but for yourself. Because the person who can show up honestly, consistently, and lovingly to the people they hurt the most is a person whose recovery is built on something much deeper than abstinence. It is built on character.

Reflection Questions

1. Which of the five rebuilding principles resonates most with you? Which one is hardest for you to accept?

2. Where are you currently in the rebuilding process with your most important family relationship? What stage feels most accurate — wreckage, early repair, active rebuilding, or established growth?

3. What is the difference between the amends you have made and the living amends you are practicing daily? Where is there a gap?

4. Is there a family relationship where you are trying to control the outcome — pressuring someone to forgive, trust, or reconnect on your timeline? What would it look like to release that control?

5. What professional or peer support are you currently receiving for family recovery work? What additional support would be beneficial?

CHECK YOURSELF · CHECK-IN 5 OF 6

Boundaries & Balance

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

1. I have clear, healthy boundaries with family members that protect my recovery without isolating me from connection

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. I am able to say "no" to family requests or expectations that threaten my wellbeing, recovery, or values

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. I do not sacrifice my own self-care, recovery practices, or personal growth to manage family needs or crises

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. I have identified and am addressing any codependent patterns in my family relationships

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. I can distinguish between healthy family involvement and enabling or being enabled by family members

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. I balance my responsibilities to family with my responsibilities to myself — and I do not feel chronic guilt about this balance

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

7. I have established boundaries around family members who are still actively using substances or engaging in toxic behavior

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

8. I understand that healthy boundaries are acts of love — not rejection — and I communicate them with both firmness and compassion

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

CHECK YOURSELF · CHECK-IN 6 OF 6

Family Healing & Growth

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

1. I am actively working on amends with family members where it is appropriate and will not cause further harm
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. I take responsibility for the impact my addiction has had on my family without drowning in shame or self-punishment
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I am building new, positive family traditions, rituals, or experiences that support recovery and connection
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. I have sought or am willing to seek family therapy or professional support to address deep family dysfunction
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. I have realistic expectations about family repair — understanding that some relationships may heal slowly and others may not heal at all
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. I can celebrate my family relationships for what they are rather than grieving what they are not
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
7. I invest in understanding generational patterns of addiction, trauma, or dysfunction in my family so I can interrupt the cycle
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
8. I approach family growth with patience, knowing that rebuilding takes longer than destroying and that consistent effort over time is the path forward
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

YOUR EXERCISE

Boundary Builder

Establishing Healthy Limits That Protect Both You and Your Relationships

Boundaries Are Not Walls

Boundaries are not rejection. They are the conditions under which healthy connection becomes possible. A boundary says: 'I love you enough to protect this relationship from the patterns that would destroy it.' Without boundaries, family relationships in recovery default to either enmeshment (losing yourself in others' needs) or avoidance (cutting off connection to protect yourself). Boundaries create the middle path.

Emotional Boundaries

Protecting your emotional wellbeing from family members' moods, expectations, or manipulation

Example: "I will not accept responsibility for your feelings about my recovery decisions."

Where do you currently need this type of boundary? With whom? What is happening that makes it necessary?

Write your specific boundary statement — in your own words, as you would actually say it to the person.

What resistance do you anticipate? How will you hold the boundary when it is tested?

Time & Energy Boundaries

Allocating your time and energy in ways that protect your recovery and growth

Example: "I will attend family events, but I will leave if alcohol-centered activities become the focus."

Where do you currently need this type of boundary? With whom? What is happening that makes it necessary?

Write your specific boundary statement — in your own words, as you would actually say it to the person.

What resistance do you anticipate? How will you hold the boundary when it is tested?

Communication Boundaries

Establishing standards for how you will be spoken to and how you will speak

Example: "I will not engage in conversations that include yelling, name-calling, or bringing up past mistakes as weapons."

Where do you currently need this type of boundary? With whom? What is happening that makes it necessary?

Write your specific boundary statement — in your own words, as you would actually say it to the person.

What resistance do you anticipate? How will you hold the boundary when it is tested?

Financial Boundaries

Protecting financial health from family members' expectations or enabling

Example: "I will not lend money to family members who are actively using substances."

Where do you currently need this type of boundary? With whom? What is happening that makes it necessary?

Write your specific boundary statement — in your own words, as you would actually say it to the person.

What resistance do you anticipate? How will you hold the boundary when it is tested?

Recovery Boundaries

Protecting your recovery practices from family interference or minimization

Example: "My meeting schedule is non-negotiable. I will not skip recovery activities for family convenience."

Where do you currently need this type of boundary? With whom? What is happening that makes it necessary?

Write your specific boundary statement — in your own words, as you would actually say it to the person.

What resistance do you anticipate? How will you hold the boundary when it is tested?

Physical / Substance Boundaries

Managing exposure to substances and high-risk environments in family settings

Example: "I will not attend family gatherings where substances are the primary activity. I will have my own transportation."

Where do you currently need this type of boundary? With whom? What is happening that makes it necessary?

Write your specific boundary statement — in your own words, as you would actually say it to the person.

What resistance do you anticipate? How will you hold the boundary when it is tested?

Boundary Builder Summary

1. Which boundary feels most urgent to establish? What happens if you continue without it?

2. Which boundary will be hardest for your family to accept? How will you manage their response without abandoning the boundary?

3. Where do you confuse being a "good family member" with having no boundaries? How does this serve you — and how does it harm you?

4. Write a boundary philosophy statement: "I set boundaries because _____. When my boundaries are tested, I will _____."

YOUR EXERCISE

Living Amends Planner

Moving Beyond Apologies to Sustained Changed Behavior

Amends vs. Apologies

An apology is a statement about the past. A living amends is a commitment demonstrated in the present. Your family has heard your apologies. What they need now is evidence — daily, consistent proof that you are becoming a different person. A living amends is not a single conversation. It is the sustained practice of being the family member you promised to become.

Living Amends #1

Who is this amends for?

What specific harm did you cause this person? (Be precise — not "I hurt them" but exactly what you did and its impact)

What have you said to this person about the harm? (Have you made a verbal amends? Was it well-received?)

What is the LIVING amends — the daily, ongoing behavioral change that demonstrates your accountability? (Not what you will SAY but what you will consistently DO)

How will this person see evidence of change? What specific, observable behaviors will be different?

What is your realistic timeline? (Trust rebuilding is measured in months and years, not days)

What could derail this amends? What old pattern might resurface? How will you catch it?

Living Amends #2

Who is this amends for?

What specific harm did you cause this person? (Be precise — not "I hurt them" but exactly what you did and its impact)

What have you said to this person about the harm? (Have you made a verbal amends? Was it well-received?)

What is the LIVING amends — the daily, ongoing behavioral change that demonstrates your accountability? (Not what you will SAY but what you will consistently DO)

How will this person see evidence of change? What specific, observable behaviors will be different?

What is your realistic timeline? (Trust rebuilding is measured in months and years, not days)

What could derail this amends? What old pattern might resurface? How will you catch it?

Living Amends #3

Who is this amends for?

What specific harm did you cause this person? (Be precise — not "I hurt them" but exactly what you did and its impact)

What have you said to this person about the harm? (Have you made a verbal amends? Was it well-received?)

What is the LIVING amends — the daily, ongoing behavioral change that demonstrates your accountability? (Not what you will SAY but what you will consistently DO)

How will this person see evidence of change? What specific, observable behaviors will be different?

What is your realistic timeline? (Trust rebuilding is measured in months and years, not days)

What could derail this amends? What old pattern might resurface? How will you catch it?

Living Amends #4

Who is this amends for?

What specific harm did you cause this person? (Be precise — not "I hurt them" but exactly what you did and its impact)

What have you said to this person about the harm? (Have you made a verbal amends? Was it well-received?)

What is the LIVING amends — the daily, ongoing behavioral change that demonstrates your accountability? (Not what you will SAY but what you will consistently DO)

How will this person see evidence of change? What specific, observable behaviors will be different?

What is your realistic timeline? (Trust rebuilding is measured in months and years, not days)

What could derail this amends? What old pattern might resurface? How will you catch it?

Living Amends Summary

1. Which living amends feels most important? Which one are you most committed to sustaining?

2. Are there amends you CANNOT make because it would cause more harm than good? How are you processing that limitation?

3. How will you maintain momentum on living amends when the initial motivation fades and daily life takes over?

4. Write a living amends declaration: "Every day, I demonstrate my recovery to my family by ____."

YOUR EXERCISE

Family Trigger-Response Plan

Preparing for the Predictable Challenges of Family Recovery

If You Can Predict It, You Can Prepare for It

Most family conflicts in recovery are predictable. The topics, the triggers, the patterns — they repeat. If you can name the trigger before it happens, you can prepare a response that reflects your growth instead of your old patterns. This exercise builds your playbook.

Family member brings up your past

OLD RESPONSE

Defensiveness, anger, withdrawal, guilt spiral

GROWTH RESPONSE

Listen, validate their pain, acknowledge without defending. "You're right — that happened, and I take responsibility for it."

When did this trigger last occur in your life? How did you respond? Was it closer to the old or growth response?

Write YOUR specific growth response script for next time — in your words, for your family context.

Holiday or family gathering with alcohol present

OLD RESPONSE

Avoidance, resentment, white-knuckling, isolation at event

GROWTH RESPONSE

Have a plan: bring support, have an exit strategy, bring your own beverages, focus on connection not the substance

When did this trigger last occur in your life? How did you respond? Was it closer to the old or growth response?

Write YOUR specific growth response script for next time — in your words, for your family context.

Family member doesn't trust your recovery

OLD RESPONSE

Anger, indignation ("I've been sober for a YEAR!"), proving behavior

GROWTH RESPONSE

Accept their timeline. "I understand. I broke your trust many times. I'll keep showing up, and you can take as long as you need."

When did this trigger last occur in your life? How did you respond? Was it closer to the old or growth response?

Write YOUR specific growth response script for next time — in your words, for your family context.

Being asked to take on a family role you're trying to leave

OLD RESPONSE

Compliance, resentment, passive-aggression, eventually exploding

GROWTH RESPONSE

Name it: "I notice we're falling back into old patterns. I'm working on showing up differently and I need your help."

When did this trigger last occur in your life? How did you respond? Was it closer to the old or growth response?

Write YOUR specific growth response script for next time — in your words, for your family context.

Conflict between family members that pulls you in

OLD RESPONSE

Triangulation, taking sides, fixing, or complete avoidance

GROWTH RESPONSE

"I care about both of you, and this is between you two. I'm not going to take sides, but I'm here if either of you needs support."

When did this trigger last occur in your life? How did you respond? Was it closer to the old or growth response?

Write YOUR specific growth response script for next time — in your words, for your family context.

Feeling overwhelmed by family expectations

OLD RESPONSE

People-pleasing until burnout, then resentful withdrawal

GROWTH RESPONSE

Set limits proactively: "I want to help, and here is what I can realistically offer right now." Then follow through on exactly that — no more, no less.

When did this trigger last occur in your life? How did you respond? Was it closer to the old or growth response?

Write YOUR specific growth response script for next time — in your words, for your family context.

YOUR EXERCISE

Daily Family Connection Check-In

7 Days of Intentional Family Participation

Consistency Over Intensity

Family relationships are rebuilt through daily, small, consistent acts of connection — not through dramatic gestures. This 7-day practice trains you to notice your family participation patterns, celebrate your wins, and identify areas where you are still falling back into old patterns. Five minutes of genuine presence is worth more than an hour of distracted proximity.

Day 1

Family connection score for today (1 = disconnected, 5 = deeply connected)

☐ 1 Not at all ☐ 2 A little ☐ 3 Somewhat ☐ 4 Quite a bit ☐ 5 Very much

Which family member did I connect with today? How?

Did any family trigger arise? How did I handle it?

Was I emotionally present with my family today — or was I checked out, distracted, or avoidant?

Did I practice any new communication pattern or boundary today?

One thing I did well as a family member today:

Day 2

Family connection score for today (1 = disconnected, 5 = deeply connected)

☐ 1 Not at all ☐ 2 A little ☐ 3 Somewhat ☐ 4 Quite a bit ☐ 5 Very much

Which family member did I connect with today? How?

Did any family trigger arise? How did I handle it?

Was I emotionally present with my family today — or was I checked out, distracted, or avoidant?

Did I practice any new communication pattern or boundary today?

One thing I did well as a family member today:

Day 3

Family connection score for today (1 = disconnected, 5 = deeply connected)

☐ 1 Not at all ☐ 2 A little ☐ 3 Somewhat ☐ 4 Quite a bit ☐ 5 Very much

Which family member did I connect with today? How?

Did any family trigger arise? How did I handle it?

Was I emotionally present with my family today — or was I checked out, distracted, or avoidant?

Did I practice any new communication pattern or boundary today?

One thing I did well as a family member today:

Day 4

Family connection score for today (1 = disconnected, 5 = deeply connected)

☐ 1 Not at all ☐ 2 A little ☐ 3 Somewhat ☐ 4 Quite a bit ☐ 5 Very much

Which family member did I connect with today? How?

Did any family trigger arise? How did I handle it?

Was I emotionally present with my family today — or was I checked out, distracted, or avoidant?

Did I practice any new communication pattern or boundary today?

One thing I did well as a family member today:

Day 5

Family connection score for today (1 = disconnected, 5 = deeply connected)

☐ 1 Not at all ☐ 2 A little ☐ 3 Somewhat ☐ 4 Quite a bit ☐ 5 Very much

Which family member did I connect with today? How?

Did any family trigger arise? How did I handle it?

Was I emotionally present with my family today — or was I checked out, distracted, or avoidant?

Did I practice any new communication pattern or boundary today?

One thing I did well as a family member today:

Day 6

Family connection score for today (1 = disconnected, 5 = deeply connected)

☐ 1 Not at all ☐ 2 A little ☐ 3 Somewhat ☐ 4 Quite a bit ☐ 5 Very much

Which family member did I connect with today? How?

Did any family trigger arise? How did I handle it?

Was I emotionally present with my family today — or was I checked out, distracted, or avoidant?

Did I practice any new communication pattern or boundary today?

One thing I did well as a family member today:

Day 7

Family connection score for today (1 = disconnected, 5 = deeply connected)

☐ 1 Not at all ☐ 2 A little ☐ 3 Somewhat ☐ 4 Quite a bit ☐ 5 Very much

Which family member did I connect with today? How?

Did any family trigger arise? How did I handle it?

Was I emotionally present with my family today — or was I checked out, distracted, or avoidant?

Did I practice any new communication pattern or boundary today?

One thing I did well as a family member today:

7-Day Family Connection Summary

1. Looking across seven days, what patterns do you see in your family participation? When were you most connected? When most disconnected?

2. Did your family connection improve from Day 1 to Day 7? What changed?

3. What was your most significant "family win" of the week — a moment of genuine connection that you would not have experienced in active addiction?

4. How will you sustain intentional family connection beyond this 7-day exercise?

YOUR EXERCISE

Family Growth Blueprint

Your Comprehensive Plan for Family Restoration and Growth

From Awareness to Sustained Action

This final exercise brings together everything you have explored throughout this intensive. It transforms your awareness — of impact, patterns, roles, and triggers — into a concrete, actionable plan for family growth. A plan you can revisit, adjust, and hold yourself accountable to over time.

Part 1: My Family Vision

1. Describe the family life you are building in recovery. Not fantasy — realistic, achievable, and grounded in what you have learned about yourself and your family. What does it look like? Feel like?

Envision your family growth...

2. What is the single most important thing you want your family members to FEEL when they are with you? (Safe? Loved? Respected? Heard? Stable?)

Envision your family growth...

3. What will your family relationships look like in three years if you actively pursue the growth work in this intensive? What will they look like if you don't?

Envision your family growth...

Part 2: My Priority Relationships

Priority Relationship #1

Who is this person and what is your relationship?

Where does this relationship stand today? Be honest.

Current state...

What is your realistic growth goal for this relationship in the next 6 months?

Specific, achievable goal...

What specific actions will you take weekly to move toward that goal?

Concrete weekly actions...

How will you know the relationship is improving? What evidence will you see?

Observable indicators...

Priority Relationship #2

Who is this person and what is your relationship?

Where does this relationship stand today? Be honest.

Current state...

What is your realistic growth goal for this relationship in the next 6 months?

Specific, achievable goal...

What specific actions will you take weekly to move toward that goal?

Concrete weekly actions...

How will you know the relationship is improving? What evidence will you see?

Observable indicators...

Priority Relationship #3

Who is this person and what is your relationship?

Where does this relationship stand today? Be honest.

Current state...

What is your realistic growth goal for this relationship in the next 6 months?

Specific, achievable goal...

What specific actions will you take weekly to move toward that goal?

Concrete weekly actions...

How will you know the relationship is improving? What evidence will you see?

Observable indicators...

Part 3: My Support Structure

1. Who will hold you accountable for your family growth work? (Therapist, sponsor, recovery community, trusted friend) How will accountability work?

2. Are you currently in family therapy or willing to begin? What family work requires professional guidance rather than solo effort?

3. What recovery practices specifically support your family participation? (Meetings, step work, prayer/meditation, journaling, therapy) How are you maintaining these?

4. What is your "emergency plan" for when family relationships trigger relapse urges? Who do you call? What do you do?

Part 4: Family Commitment Declaration

Your Declaration

This is your personal commitment to your family — a statement of who you are becoming as a family member, written in present tense as a declaration of intention. Not a promise of perfection. A commitment to sustained, imperfect, genuine effort. Read it when you feel discouraged. Share it with your accountability partner. Let it remind you why this work matters.

Write your Family Commitment Declaration:

Include: the family member you are becoming, specific commitments to your priority relationships, the generational patterns you are breaking, and what your family means to your recovery.

I am a family member who... I commit to... I am breaking the cycle of... My family is...

Date of this declaration and your commitment to review it in 30 days:

Today's date and 30-day review date...
