



Changes in My Relationships

As we grow in recovery, our cognitive functioning improves. As our brain heals, we think better, have better judgment, and are clearer in most aspects of our lives. Reality comes into sharper focus. And that often affects how we see our relationships, perhaps especially with a spouse or romantic partner. We may be moving ahead to a new life without substance use and criminal behaviors, but the significant other may still be in the same old place.

Please answer these questions about changes in your relationships.

How do you feel about your current relationships and your recovery?

What do you think has changed in your relationships since you've been in recovery?

Do you think your significant other has changed during your recovery?

___ Yes ___ No

If so, how? _____

What do you think are the challenges with your current relationships?

In the past, how did you handle problems with your relationships?

___ Arguing ___ Yelling ___ Violence
___ Isolation ___ Leaving the situation
___ Substance use ___ Involvement in criminal activity

From all the things you have learned over the past weeks, what are you going to do differently to manage your relationships?
