

Family & Friends



Rebuilding a relationship with a person in recovery requires a shift from controlling outcomes to supporting growth. When you replace suspicion with clear expectations and compassion, you create space for both your loved one and yourself to heal.

GROWING TRUST THROUGH POSITIVE SUPPORT



Trust is rebuilt through support and patience.

- **Lead with Open, Non-Judgmental Communication:** Don't wait for unspoken anxieties or fears to build up. Share your feelings, validate their daily efforts, and voice concerns calmly before past trauma shapes current reactions.
- **Let Consistency Replace Vigilance:** Constantly policing or monitoring your loved one can strain fragile progress; quiet, steady presence helps restore balance. Respect their independence, honor your commitments, and let daily routines speak for themselves.
- **Support and Respect Their Recovery Plan:** Encourage full personal ownership of their recovery tools, meeting schedules, and coping strategies. Cheer on their progress, but leave the execution of their Personal Recovery Plan within their hands.
- **Invest in Your Own Healing:** Recovery is a parallel journey. Restore your own energy by prioritizing personal mental health, interests, and support systems independent of your loved one's progress.

REMEMBER: PRIORITIZE YOUR OWN HEALING



Take Time For Yourself

Avoid Sacrificing Your Well-Being: Supporting someone else does not mean ignoring your own physical and mental needs. Pursue your hobbies, maintain independent friendships, and build a routine that restores your energy.

Join a LifeRing Family & Friends meeting.

