

Rebuilding Trust



Trust isn't rebuilt with promises – it grows through action.

Recovery gives you the opportunity to repair relationships through your choices, your actions, and honest conversations. Leave shame behind, focus on what you can control, and surround yourself with positive peer support. As you strengthen your Sober Self, your actions can speak louder than words – and trust can grow from there.

GROWING TRUST THROUGH POSITIVE ACTION



Your Personal Accountability Plan

- **Let Verifiable Actions Replace Promises:** Words lose weight during active addiction; small, steady habits give them back. Show up on time, follow through on commitments, and let daily actions speak for themselves.
- **Lead with proactive transparency:** Don't wait for your family or friends to ask where you were or how you're feeling. Share your schedule, your daily wins, and your struggles before they feel the need to check up on you.
- **Design and Own Your Personal Recovery Plan:** Take full charge of your recovery tools, meeting schedules, and trigger strategies. When you direct your own recovery, accountability becomes a source of personal pride rather than an external imposition.
- **Engage Your Sober Self Continuously:** Connect regularly with peer support, lean into practical cognitive strategies, and treat setbacks as immediate learning opportunities to adjust your plan – rather than reasons to isolate or hide.

REMEMBER: THEY WANT YOU TO SUCCEED!



Share the Love

Offer Patience to Your Loved Ones: Recognize that hypervigilance and doubt are normal reactions to past trauma. Give your family and friends space to process their feelings without demanding instant forgiveness.

Invite them to a LifeRing Family & Friends meeting.

