

# Repairing Relationships During Recovery CBT Worksheet

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Date: September 23, 2023

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**Instructions:** This worksheet is designed to help you identify and address issues within your relationships as part of your recovery journey through Cognitive Behavioral Therapy (CBT). Please fill it out honestly and thoughtfully, and use it as a tool to guide discussions with your healthcare practitioner.

## Section 1: Relationship Assessment

- Describe the relationship you want to repair or improve:

- Relationship Type: Spousal
- Length of the Relationship: 10 years
- Key Issues/Challenges:

Our communication has deteriorated significantly over the past year, and we've been arguing more frequently. Trust issues have also arisen due to past conflicts.

- Identify your emotional responses within the relationship:

Anger, frustration, sadness, anxiety, and a general sense of disconnection.

- Examine your thoughts about this relationship:

My spouse doesn't understand me anymore, and they're not interested in working things out.

## Section 2: Cognitive Distortions

- Identify and challenge cognitive distortions:

"My spouse doesn't understand me anymore" might involve "mind-reading" – assuming I know what they think without concrete evidence. I should challenge this by seeking their perspective.

# Relationships In Recovery

**Charles L. Whitfield**



## **Relationships In Recovery:**

*Relationships in Recovery* Kelly E. Green, 2021-07-30 Addiction can wreak havoc on relationships destroying trust and damaging bonds with family friends and colleagues Substance use both causes these interpersonal problems and becomes a method of trying to cope with them Psychologist and addictions expert Kelly Green has learned through working with hundreds of clients that maintaining healthy relationships is key to the recovery process In this compassionate judgment free guide Dr Green shares powerful tools for setting and maintaining boundaries communicating feelings and needs ending harmful relationships respectfully and reestablishing emotional intimacy With inspiring narratives downloadable self assessment worksheets and exercises this book lights the way to a life untethered from addiction and filled with positive connections

**Rebuilding Relationships in Recovery** Janice V. Johnson Dowd, LMSW, 2025-03-04 How to heal relationships mend rifts with loved ones and balance the demands of sobriety with the need for family connection An empowering guide for recovering addicts and alcoholics from an author with lived experience and professional expertise In *Rebuilding Relationships in Recovery* Janice V Johnson Dowd shows readers how to repair and enhance their relationships after active addiction With personal insights and professional wisdom Dowd a licensed social worker in recovery explores her own personal journey through alcoholism offering a realistic and transformative guide Centered on nurturing the critical balance between the self healing of your own sobriety journey and building bridges and connections with loved ones Dowd s narrative combines empathetic insights with practical tools The book covers Understanding Addiction s Impact Exploring how addiction affects family dynamics and the individual s role within them Effective Communication Strategies for opening dialogue and maintaining honest supportive conversations Setting Realistic Expectations Dispelling common misconceptions and establishing attainable goals in recovery and relationship rebuilding Making Amends A step by step guide to acknowledging past harms and initiating the healing process Support Networks Developing and maintaining a support system that encourages sobriety and personal growth *Rebuilding Relationships in Recovery* is a roadmap to healing and thriving in sobriety offering hope and actionable strategies for those seeking to rebuild trust and deepen their family bonds

**Relationships and Recovery** Joey B., 2010-01-01 **Relationships in Recovery** Linda Hatch, 2013-07 A good relationship is supposed to feel loving happy and safe Recovering addicts have often experienced intimate relationships that were distorted in major ways by their addiction In recovery from addiction a new world opens up one in which love is no longer fraught with conflict drama fear and disappointment A recovering addict often feels frightened at the prospect of looking for a new relationship or repairing an existing one But the fact is that all the necessary tools skills and strengths that were gained in recovery can be adapted to this new area Assuming you have done a lot of the internal work of addiction recovery you are now ready to go out into the world in order to find a more rewarding and lasting relationship Here you will find some simple ways to plan and think about the challenges that you will face and the decisions you will need to make Why

not enjoy the fruits of recovery to the fullest

### **Relational Recovery, Empowering the Transformation of**

**Relationships** Daniel Linder, 2007-06 Linder's guide details the basic principles for creating emotionally nourishing relationships and communication skills

### **Overcoming Trauma Bonding: Strategies for Recovery from Narcissistic**

**Relationships** Derrick Arias, 2025-04-28 Have you ever felt trapped in a relationship that left you feeling drained, confused, and emotionally exhausted? You may have been in a relationship with a narcissist and are now dealing with the painful aftermath of trauma bonding. This book is a guide to understanding and healing from this complex and challenging experience. It provides practical strategies for breaking free from the cycle of trauma bonding, reclaiming your self-worth, and building a healthy future. This book explores the nature of trauma bonding, the manipulation tactics used by narcissists, and the psychological and emotional effects of these relationships. You will learn to identify the signs of trauma bonding and understand how it impacts your thoughts, feelings, and behaviors. You will discover practical techniques for breaking free from emotional dependence on your former partner, challenging the distorted beliefs that hold you back, and developing healthy boundaries to protect yourself. This book offers a roadmap for recovery and empowers you to take control of your life, cultivate emotional resilience, and build fulfilling relationships based on mutual respect and genuine connection. If you are ready to heal from the wounds of a narcissistic relationship, this book is your essential companion on the journey to self-discovery and lasting emotional freedom.

### The Life Recovery Bible NLT

Stephen Arterburn, David Stoop, 2012-12-14 The Life Recovery Bible is today's #1 selling recovery Bible and is based on the 12-step recovery model. It was created by two of today's leading recovery experts, David Stoop, Ph.D., and Stephen Arterburn, M.Ed., to lead readers to the source of true healing: God himself. Features include: New Living Translation Recovery Notes placed throughout the Bible text; these notes pinpoint passages and thoughts important to recovery; Twelve Step Devotionals, a reading chain of 84 Bible-based devotionals tied to the Twelve Steps of recovery and placed throughout the Bible text; Serenity Prayer Devotionals, based on the Serenity Prayer; these devotionals, more than 50, provide an excellent guide to recovery; Recovery Profiles, key Bible characters are profiled and important recovery lessons are drawn from their lives; Recovery Reflections, topically arranged recovery reflections pinpoint specific Scripture passages at the end of most Bible books; Recovery Themes, prominent recovery themes are discussed at the openings of various Bible books; Other Features include book histories, topical index, devotional index, book introductions, user's guide, and a new 12-step comparison chart. Plus, now includes a topical Bible Verse Finder to help the reader quickly find what the Bible says about common issues.

### Recovery Now

Anonymous, 2013-11-19 An accessible basic text written in today's language for anyone guided by the Twelve Steps in their recovery from addiction to alcohol and other drugs. For decades, people from all over the world have found freedom from addiction, be it to alcohol, other drugs, gambling, or overeating, using the Twelve Step recovery program first set forth in the seminal book *Alcoholics Anonymous*. Although the core principles and practices of this invaluable guide hold strong today, addiction science and societal norms have changed

dramatically since it was first published in 1939 Recovery Now combines the most current research with the timeless wisdom of Alcoholics Anonymous Narcotics Anonymous and other established Twelve Step program guides to offer an accessible basic text written in today's language for anyone recovering from addiction to alcohol and other drugs Marvin D Seppala M D offers a doctor's opinion in the foreword to Recovery Now outlining the medical advances in addiction treatment and updating the Big Book's concept of addiction as an allergy to reveal how it is actually a brain disease Regardless of gender sexual orientation culture age or religious beliefs this book can serve either as your guide for recovery or as a companion and portal to the textbook of your chosen Twelve Step Program     Self-Harm and Violence Richard Whittington,Caroline

Logan,2011-03-16 Self Harm and Violence Towards Best Practice in Managing Risk in Mental Health Services presents the first exploration of the most effective clinical practice techniques relating to the management of risk in mental health care settings Based on the Department of Health's Best Practice in Managing Risk guidance document which was developed over a 12 month period in consultation with a national expert advisory group Features contributions from many members of the group that drew up the Best Practice document all leading theoreticians and practitioners in their particular fields and embeds the principles laid out in the guidelines in real world practice Reveals how contemporary risk management is a multidisciplinary and collaborative enterprise in which practitioners from different professions need to engage with each other in order to achieve success     **Person-Centered Recovery Planner for Adults with Serious Mental Illness**

Catherine N. Dulmus,Bruce C. Nisbet,2013-08-05 Proven guidance for creating effective person centered plans that facilitate the recovery process for individuals with serious mental illness Recent national and international mental health policy is promoting service delivery models that incorporate person centered and recovery oriented approaches in which individuals are in the lead role defining their own goals for their individualized recovery plans Person Centered Recovery Planner for Adults with Serious Mental Illness provides mental health practitioners with a useful resource to implement person centered planning within a recovery framework when working with individuals with a serious mental illness Providing a succinct overview of the historical roots philosophy and practice of person centered recovery Person Centered Recovery Planner for Adults with Serious Mental Illness is organized around the three stages of recovery Beginnings Moving Forward and Leaving Your Practitioner Behind yet still allows both the individual and practitioner to revisit any of the three stages during the ebb and flow of an individual's recovery journey Sample recovery plans are included covering the individual's status personal priorities short term objectives and recovery steps and are organized around common recovery goals including Self advocacy Family relationships Health and wellness Community involvement Stress management Relapse prevention Personal crisis planning Transportation Social relationships Meaningful activities Life skills A companion Website provides all of the plans found in the book in an easily customizable word processing format Person Centered Recovery Planner for Adults with Serious Mental Illness assists practitioners in becoming effective person centered facilitators and advocates for recovery that

meaningfully supports individuals in achieving their hopes and dreams

**Beyond the Cycle: Navigating Alcoholism and Recovery** Pasquale De Marco, 2025-04-09 In a world grappling with the devastating effects of alcoholism this book emerges as a beacon of hope offering profound insights and practical guidance for individuals families and communities affected by this pervasive condition With a compassionate and evidence based approach this comprehensive guide delves into the complexities of alcoholism unveiling its causes consequences and the pathways to lasting recovery Through captivating narratives and expert analysis we explore the biological psychological and social factors that contribute to alcohol dependence We examine the intricate interplay between genetics mental health and environmental influences providing a deeper understanding of addiction s insidious nature By recognizing the roots of alcoholism we can devise more effective strategies for prevention and early intervention ultimately reducing the burden of this global health concern Furthermore this book sheds light on the far reaching impact of alcoholism on individuals families and society at large We examine the emotional turmoil financial hardships and health risks faced by those struggling with alcohol addiction We also explore the ripple effects on relationships careers and communities highlighting the urgent need for comprehensive support systems and policy changes With unwavering empathy this book provides a roadmap for recovery empowering individuals to break free from the shackles of alcoholism We delve into the diverse treatment options available from medical interventions to therapeutic approaches emphasizing the importance of individualized care and long term support We also offer practical strategies for relapse prevention relapse being one of the greatest challenges in addiction recovery By equipping individuals with the knowledge and tools they need we can increase their chances of achieving sustained sobriety and reclaiming their lives from addiction This book is not merely a collection of facts and figures it is a testament to the resilience of the human spirit Through personal stories of triumph over adversity we witness the transformative power of recovery These narratives serve as a source of inspiration demonstrating that it is possible to overcome even the most daunting challenges and live a fulfilling life beyond addiction If you like this book write a review

[HEALING FROM DRUG ADDICTION](#) Dr. Grace Thornwell, A Proven Path to Recovery and a Life Worth Living Are you ready to break free from the grip of addiction and build the life you truly deserve Healing from Drug Addiction is a powerful transformative guide written by Dr Grace Thornwell designed to help you overcome addiction and reclaim your life Whether you re struggling with drugs alcohol smoking or any other form of addiction this book provides a comprehensive science backed roadmap to recovery Through a blend of expert insights practical exercises and emotional healing tools Dr Thornwell offers you the keys to lasting change Inside you ll discover The Root of Addiction Understand how addiction hijacks your brain and why willpower alone is never enough to overcome it The Recovery Blueprint Learn about the four pillars of lasting recovery physical healing emotional work social rebuilding and spiritual growth Practical Tools for Everyday Success Step by step techniques daily affirmations and recovery trackers to help you stay sober and motivated Mindset Shifts for Emotional Healing Techniques to rebuild your

self worth face past traumas and create a life that's truly worth living **A Proven 90 Day Recovery Tracker** Keep track of your progress and celebrate each victory no matter how small **And Many More Why This Book Matters** Addiction doesn't define you and neither does your past **Healing from Drug Addiction** empowers you to take control of your recovery journey Whether you're seeking to break free from destructive habits or sustain the progress you've already made this book is your trusted companion The tools wisdom and encouragement within these pages will guide you toward the freedom you deserve helping you rebuild relationships restore your mental health and rediscover your true self Start your journey to freedom today Don't just survive thrive in recovery Dr Grace Thornwell's **Healing from Drug Addiction** is here to help you create a fulfilling sober life that's full of meaning purpose and joy If you're ready to heal grow and embrace a life of sobriety **Healing from Drug Addiction** is your next step Click the Buy Now button to start your journey today **A Man's Way through Relationships** Dan Griffin, 2014-08-12 The first trauma informed book focused solely on helping men in addiction recovery create and sustain healthy relationships **New Life, New Friends** Christina Baldwin, 1993-03-01 An essential guide to cultivating sober relationships while in recovery The early days of recovery can be overwhelmingly lonely But this is the time you need friends most **New Life New Friends** is a unique and practical guide to cultivating supportive relationships Drawing on the words and experiences of many people in recovery it shows how to Find people who share your commitment to personal change and growth Cope with self consciousness and low self esteem Choose a sponsor and make the most of your Twelve Step group Establish boundaries and ground rules to keep relationships on track Handle work or social situations where drinks drugs or unhealthy foods are available Learn to ask for what you need and to say no when necessary Deal with family anger guilt or rejection Develop the most important friendship of your life with yourself Praise for **New Life New Friends** **New Life New Friends** honors the often neglected but very important relationship that is a cornerstone of the recovery process Stephanie Covington PhD author of **Leaving the Enchanted Forest** A practical workbook that should accompany people as they leave treatment and begin the exhilarating journey to recovery Jack Mumey author of **The Joy of Being Sober** ***A Woman's Guide to Recovery*** Brenda Liff, 2009-06-03 The essential recovery guide for women new to sobriety written by the director of clinical services at Hazelden's new cutting edge treatment facility for women The essential recovery guide for women new to sobriety written by the director of clinical services at Hazelden's new cutting edge treatment facility for women Whether you are just embarking down the road of recovery or are well into the journey consider Brenda Liff's **A Woman's Guide to Recovery** your companion and guide Brenda Liff is a leading Hazelden clinician She developed this guide to help women handle issues and challenges that come with their new life of recovery How can you balance self care with family responsibilities What do you do about friends who aren't comfortable with your newfound sobriety How do you rebuild family relationships **A Woman's Guide to Recovery** offers real life insight into what it means and what it takes to sustain healthy lasting recovery ***The New Template for Recovery*** Portman, 2010-08 **The New Template for Recovery** is for people who

believe they have the ability to make important changes in their lives including quitting drinking It is designed for those who want to succeed at sobriety but want something different than or in addition to what standard treatment programs and AA have to offer If you want to pursue a forward going approach to recovery and to become excited rather than depressed about life without alcohol this book may be the place for you to find the motivation the knowledge and the pathway to succeed If you are drawn to the idea of an independent recovery from an alcohol use problem know that you are not alone and rest assured that millions of people gain lasting sobriety on their own Indeed an irrepressible body of research finds that many possibly most people in successful recovery manage to quit drinking on their own The New Template for Recovery provides a clear and practical self directed guide to sobriety and a better life by the use of a template for recovery that can be crafted and followed according to each person s needs Learn The level of alcohol use problem that you have How to safely manage alcohol withdrawal Why you are not to blame The pros and cons of AA and standard treatment programs The psychological and physical addiction processes and effects Discover The foreword going template model for recovery How to focus on the life areas of recovery that are important to you Powerful relapse prevention strategies The motivation to recreate your life your way T Christopher Portman Ph D earned his doctorate at the University of Oregon He has directed both outpatient and inpatient treatment programs and has taught many addiction courses and seminars in the Pacific Northwest He presently lives in Bellingham Washington where his practice focuses on the treatment of addictions and related mental health and relationship problems

*Addiction Recovery* Lore Bellaert,2022-06-29 This doctoral study focuses on a relational approach to recovery as an addition to the dominant individualized interpretations of addiction recovery It explores the enabling or disabling role of social networks and broader societal contexts in which recovery processes are embedded without disregarding the deeply personal nature of addiction recovery in terms of building a meaningful life This dissertation is based on the Recovery Pathways REC PATH research project a longitudinal and multi country cohort study designed to map pathways to drug addiction recovery Rooted in the policy quantitative and qualitative research phases of the REC PATH project this study uncovers contextual dynamics at play in addiction recovery Grounded in first person accounts of recovery from drug use problems we critically investigate the complex and ambiguous roles that interpersonal relationships life circumstances support services and structural factors might play throughout recovery processes Conceptualizing addiction recovery as a relational process of change has implications for how practice policy and research are organized This dissertation thus provides tools for students practitioners and policymakers who want to contribute to developing recovery supportive environments that include attention to the contextual dimensions of recovery

**Six Essentials to Achieve Lasting Recovery** Sterling T Shumway,Thomas G. Kimball,2012-03-22 Discover the six guiding principles that are key to lasting recovery from addiction to alcohol and other drugs Learn why they re important how they relate to the Twelve Steps and why they work Anyone who has recovered from addiction to drugs or alcohol knows that getting sober is only the

beginning Working the Steps patching life back together and living sober are where the real work lies While the Twelve Steps provide a program of lifelong recovery recovery experts Sterling Shumway and Thomas Kimball have identified six essential values or principles that reinforce the Steps and that are key to achieving lasting recovery Hope A reawakening after despair to live with greater confidence Healthy Coping Skills Managing the pain and stress of life Sense of Achievement and Accomplishment Moving beyond the limits of addiction toward personal goals Capacity for Meaningful Relationships The positive support and connection with family and peers Unique Identity Development The emergence of a unique positive identity Reclamation of Agency The internal knowledge that you have choices in your behavior Using their research personal stories and guided journals and exercises Shumway and Kimball thoroughly unlock these complex principles for recovering addicts and their families and provide practical steps for applying them to a long term recovery program

*Boundaries and Relationships* Charles L. Whitfield,1993 More than personal boundaries this book is really about relationships healthy and unhealthy ones Here bestselling author and psychotherapist Charles Whitfield blends theories and dynamics from several disciplines into practical knowledge and actions that you can use in your relationships right now This comprehensive book opens with clear definitions and descriptions of boundaries a self assessment survey and a history of our accumulated knowledge Going deeper it describes the 10 essential areas of human interaction wherein you can improve your relationships These include age regression giving and receiving projection and projective identification triangles core recovery issues basic dynamics unfinished business and spirituality It shows in countless practical ways how knowledge of each of these is most useful in your recovery and everyday life

**Melody Beattie 4 Title Bundle: Codependent No More and 3 Other Best Sellers by M** Melody Beattie,2010-07-13 Four titles by best selling author Melody Beattie Codependent No More How to Stop Controlling Others and Start Caring for Yourself Is someone else s problem your problem If like so many others you ve lost sight of your own life in the drama of tending to someone else s you may be codependent and you may find yourself in this book Codependent No More The healing touchstone of millions this modern classic by one of America s best loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life With instructive life stories personal reflections exercises and self tests Codependent No More is a simple straightforward readable map of the perplexing world of codependency charting the path to freedom and a lifetime of healing hope and happiness Beyond Codependency And Getting Better All the Time You re learning to let go to live your life free of the grip of someone else s problems And yet you find you ve just started on the long journey of recovery Let Melody Beattie help you along your way A guided tour past the pitfalls of recovery Beyond Codependency is dedicated to those struggling to master the art of self care It is a book about what to do once the pain has stopped and you ve begun to suspect that you have a life to live It is about what happens next Language of Letting Go Daily Meditations on Codependency Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of

us who struggle with the issue of codependency Problems are made to be solved Melody reminds us and the best thing we can do is take responsibility for our own pain and self care In this daily inspirational book Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal More Language of Letting Go 366 New Daily Meditations This new volume of meditations offers clients ongoing wisdom and guidance about relationship issues An excellent enhancement to therapy daily thoughts provide clients with ongoing insights into issues such as surrendering the damaging effects of manipulation and healthy communication More Language of Letting Go shares unsentimental direct help for clients recovering from chemical dependency healing from relationships and family issues and exploring personal growth

The Top Books of the Year Relationships In Recovery The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Relationships In Recovery : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Relationships In Recovery : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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