Needless to say, the drama and disruption of such relationships can undermine the most sincere recovery efforts. Here are some tools to help you examine your relationships.

1. **Inventory Your Past Relationships**

   Are there common patterns to how these relationships begin and end?

   Are you drawn to partners that also have severe alcohol and/or other drug problems?

   Do you seem to be drawn to a particular type of partner that ends up hurting you emotionally or physically?

   Does it feel like you keep re-enacting the same painful dramas in your life?

2. **Define Your Part In The Relationship**

   It’s good to get to know yourself in recovery before getting into a new relationship. Based on the above inventory, complete this sentence:

   I need to avoid getting into relationships with individuals who
3. Define Early Warning Signs

It may be helpful to work with a counselor or others who have had similar relationship problems. Warning signs are unique for everyone. These tell me I want to avoid starting a relationship with someone:

___________________________________________________
___________________________________________________
___________________________________________________
___________________________________________________
___________________________________________________

In existing relationships, I might need to end the relationship if I see these warning signs:

___________________________________________________
___________________________________________________
___________________________________________________
___________________________________________________
___________________________________________________

4. Consider Going Solo

Early recovery requires enormous energy. This is a time requiring a great deal of focus on yourself. If you are not in a serious relationship, consider this as a “time-out” period to get yourself together.

5. Determine What You Want

I want a relationship with someone who is:

___________________________________________________
___________________________________________________
___________________________________________________
___________________________________________________
___________________________________________________
6. Seek A Relationship Coach

A counselor, friend or peer in recovery can guide you through your first relationships in recovery.

7. Seek Professional Help As Needed

If you find your old relationship pattern continuing, get into a long-term therapy relationship that focuses on breaking this pattern.

8. Put Safety First

Assertively manage your own safety and the safety of your children at all times.