

Relationships Inventory Worksheet

By: William L. White

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?

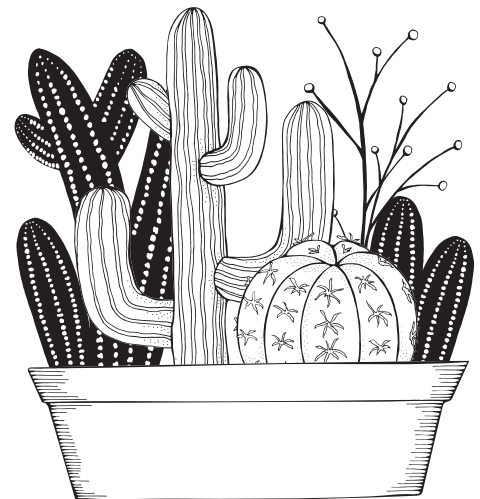
Do you seem to be drawn to a particular type of partner that ends up hurting you emotionally or physically?

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



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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:



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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.



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