

# TIPS FOR REPAIRING RELATIONSHIPS IN RECOVERY

The perfect time to start rebuilding relationships with family and friends is in treatment. Making the commitment to get well means making important changes in all aspects of your life. These tips can help you to improve your personal relationships.

- **Reach Out to Those People You Want to Reconnect with**
- **Be Honest and Direct About What You Want**
- **Don't Beat Yourself Up Over Past Events**
- **Make a Point of Initiating Contact with Family and Friends**
- **Keep Attending Meetings/Counseling Sessions**
- **Be Patient**