

FAMILY & LOVED ONES

RECOVERY SUPPORT

Worksheet Packet



SUPPORTING A LOVED ONE
THROUGH RECOVERY
STARTS WITH YOU.



You are not alone.

LOVE. BOUNDARIES. HOPE. HEALING.

Together, we can build a healthier future.

2. Setting Healthy Boundaries



Boundaries protect both me and my loved one.

UNHEALTHY PATTERNS (I want to change)	HEALTHY BOUNDARIES (I will set)	HOW I WILL STAY CONSISTENT

BOUNDARIES ARE NOT WALLS. THEY ARE BRIDGES TO RESPECT.

4. Managing My Stress



I can't pour from an empty cup.

When I feel stressed, I notice:

Common triggers for me:

• _____

• _____

• _____

THINGS THAT HELP ME RESET



Take a walk



Deep breathing



Talk to someone



Prayer / Meditation



Journaling



Other: _____

MY WELL-BEING MATTERS TOO.

1. My Role in Their Recovery



I can support my loved one without losing myself.

What is my role in their recovery?

What can I control?

What is out of my control?

What is the healthiest way I can show up for them?

I CAN CARE FOR THEM WITHOUT CARRYING THEIR BURDEN.

3. Communication That Helps



Open, honest, and calm conversations build trust.

Something I want my loved one to know:

Something I need for myself:

A kind way I can start this conversation:

What I will avoid saying or doing:

TIPS FOR HELPFUL COMMUNICATION

- ✓ Stay calm and respectful.
- ✓ Use "I" statements.
- ✓ Listen without interrupting.
- ✓ Focus on solutions, not blame.
- ✓ Take breaks if emotions get too high.

LISTEN WITH LOVE. SPEAK WITH RESPECT.

5. Supporting Without Enabling



I can love and support without fixing or rescuing.

Behaviors I want to avoid (enabling):

• _____

• _____

• _____

Healthy ways I can support instead:

• _____

• _____

• _____

REMEMBER



They are responsible
for their recovery.

I am responsible
for my choices
and well-being.

I can support
their journey,
but I can't do it
for them.

LOVE DOESN'T RESCUE. LOVE EMPOWERS.

6. My Self-Care Plan



Caring for myself helps me keep showing up.

Activities that recharge me:

• _____

• _____

• _____

• _____

• _____

DAILY SELF-CARE

Move my body: _____

Eat nourishing food: _____

Get enough rest: _____

Contact with others: _____

Do something I enjoy: _____

Gratitude / Reflection: _____

I DESERVE CARE, COMPASSION, AND REST.

7. My Support System



I can't do this alone.

People I can talk to:

1. _____

2. _____

3. _____

4. _____

Support groups / resources:

1. _____

2. _____

3. _____

REACH OUT. CONNECT. YOU ARE NOT ALONE.

8. Hope for Our Future



Together, we can build a better tomorrow.

What I hope for in our future:

Steps we can take forward:

1. _____

2. _____

3. _____

4. _____

5. _____

HOPE GROWS WHEN WE TAKE ONE STEP AT A TIME.



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RECOVERY SUPPORT
WORKSHEET PACKET



YOUR SUPPORT MAKES A DIFFERENCE.
YOUR WELL-BEING MATTERS.
TOGETHER, WE CAN HEAL AND GROW.



WITH LOVE. WITH BOUNDARIES. WITH HOPE. TOGETHER, WE CAN.