

Love & Recovery  
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The "1 Year" Rule

- ▶ Programs advocate avoiding dating for a period of time
- ▶ This is a time to focus on oneself
- ▶ When a newcomer goes to a meeting
  - ▶ A man is a hero...

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Pitfalls and Challenges

- ▶ We're not healthy ... and neither are our partners.
- ▶ Desiring to be rescued OR compelled to rescue someone else
- ▶ Oversharing
- ▶ Emotions are rampant

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## Love is a Dangerous Drug

- ▶ It might not be an external mind altering chemical but...
- ▶ Substituting one rush for another




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## Sobriety can be Lonely

- ▶ May miss out on family or friend celebrations
- ▶ Change in social supports
- ▶ New life may seem "boring" in comparison
- ▶ Building a new "home team"
  - ▶ Identifying who is a healthy part of your team
  - ▶ Sober events, facilitated by treatment team members / agencies

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## Setting Boundaries

**Boundary Exploration**

Think about a person, or a group of people, with whom you struggle to set healthy boundaries. This could mean that your boundaries are too rigid (you keep this person at a distance), too porous (you open up too much), or there's some other problem that isn't so easily labeled.

Who do you struggle to set healthy boundaries with? (e.g. "my husband" or "coworkers")

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In your relationship with the person you listed above, how are your boundaries in each of the following categories? Add a check in the appropriate column for each boundary category.

Boundary Category	Porous	Rigid	Healthy	Other
Physical Boundaries				
Intellectual Boundaries				

- ▶ Communicate with treatment providers, case manager, etc.
- ▶ Provide opportunities to discuss and review boundaries
- ▶ Physical, intellectual, emotional, sexual, time, etc.
- ▶ Healthy conflict

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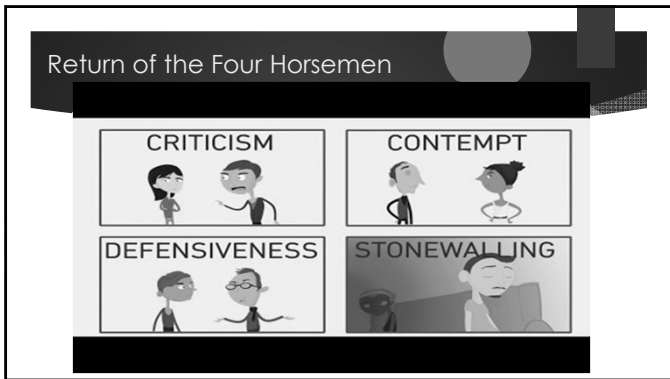
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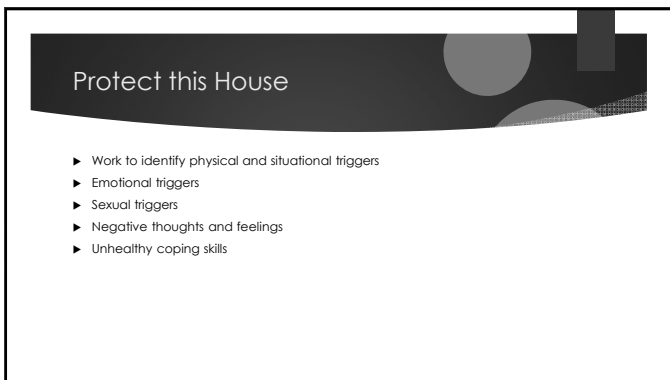
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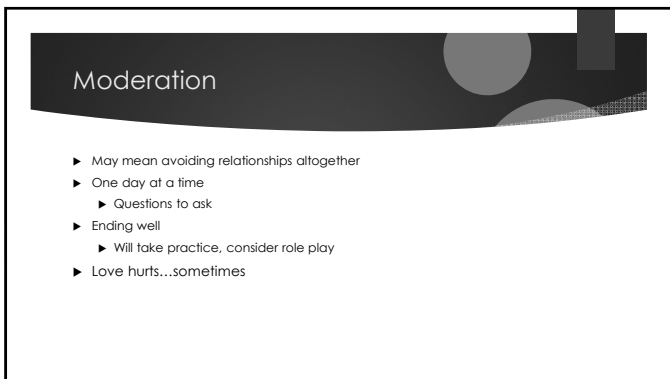
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