

PACIFIC COAST RECOVERY CENTER

FIRST FAMILY ASSIGNMENT

WHAT MOOD-ALTERING CHEMICALS HAVE DONE TO MY LIFE

A. FAMILY MEMBERS:

On the next page, please write a letter to your patient or just answer the following questions:

1. As the disease of addiction has progressed, how has the patient changed as a person compared to the person that you once knew. Please give no more than two or three examples to describe your patient.
2. Describe how you have changed as a person as the disease has progressed. What has changed in your heart, your behaviors, and your spirit.
3. How has the relationship changed as the disease progressed? How has the family changed?
4. How would you like to handle your side of the problems in the relationship differently?
5. What makes you the saddest about what has happened?

B. PATIENTS:

On the next page, please write a letter to your family or answer the following questions:

1. How have you changed as a person as the disease has progressed?
Describe the negative or dark aspects of yourself that have developed (that you wish to see change in recovery).
2. What changes do you see in your relationships as the disease progressed?
3. How are things different from times when the relationships were good?
4. What does it mean to you to say goodbye to drugs and alcohol? How will your life be different?
5. What makes you the saddest about what has happened?

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WRITING ASSIGNMENT WORKSHEET

DEAR _____,

PACIFIC COAST RECOVERY CENTER

WORKSHEET FOR COMMUNICATION EXERCISE

Complete each of the sentences on the following pages with a maximum of five statements.

1. In our closest relationships, we might feel unsure that our loved one understands us, or we have withheld expressing ourselves. Complete the following statement with no more than five things that you want your loved one to know.

"What I want you to know is"

2. These statements are to give feedback and to allow you to identify what creates closeness or distance in your relationship.

"I feel distant from you when"

3. Some day I hope we can discuss and resolve:

4. Improving a relationship required that both people be willing to look at their own behavior and make a commitment to work on change. Think of some behavioral changes you are willing to make to achieve a healthier relationship. Be specific and make these changes achievable.

"In order to improve our relationship, I am willing to"

5. Being recognized for traits we value in ourselves is an important part of relationships. Sometimes we assume that those who are close to us know what we like about ourselves. Think carefully about your positive traits and share them.

"These are the traits I value in myself"

6. Sometimes we also assume our loved ones know what we value about them. Think carefully about the positive traits you appreciate in the other person and share them.

"These are the traits I value in you"

7. "I love it when you"