

Relationship Recovery: Rebuilding Trust

When addiction crept into your life, you experienced the destruction of trust in your relationships as the lies and defenses emerged. Following treatment, you (and your spouse or significant other) were immersed in recovery which became a household word. Everyone, it seemed, worked hard to accommodate meeting schedules and recovery work with the hope of getting back to some form of “normal” again. All this took a toll on the relationship and some may not have fully recovered. Just because enough tools were learned to regain a functional relationship, some eroding patterns may still be hardwired in the brain. Dishonesty may slip back, leading to resentment and contaminating distrust, all causing anger to flame and create fear again in the relationship. These are signs that it is time for recovery in the relationship.

This program will include both learning and doing. Opportunity for healing wounds will be shared. Individuals will learn how trauma may have affected them, and if so, how it hijacks the brain. Clarity will reveal the blocks that prevent honesty, kindness, and forgiveness. These invaders in the relationship will be identified with a plan to approach them differently. This program will engage participants in ways that help them stay interested, help them learn tools that can be used in their own relationships, and will be made personal from the presenter’s own history of strengths and weaknesses. You are invited to come with your head AND your heart open to recovery in yourself and your relationship.