

## Workbook – Module 4 – The Importance of Relationships



**Introduction.** I'm sure you've heard the expression: "No man is an island." What does that really mean? Well, humans were made to live in relationship. We are in relationship to our Creator and creation from day 1, as well as to our mother and father, guardians, mentors, brothers, and

sisters. Soon we connect to neighbors, colleagues, peers, and other acquaintances in our communities. We socialize, work, pray, celebrate, grieve, solve problems, and create new ones with others. There are certainly times we act with a degree of autonomy and spending some time in solitude can be beneficial. Many of the world's great thinkers and inventors were not strangers to spending time on their own!

### **Purpose**

Healing, renewal, restoration, responsibility, joy, peace, and a bright future are born and made on the dry ground of sobriety. We are not an island unto ourselves but live in community with others. The rich and beautiful relationships we form are a gift. Each decision to stay the course, to choose the good, and to consider others,



brings you strength in your walk and your walk with others. The purpose of this module is to encourage walking in that strength and gain tools to have healthy and vibrant relationships.

### **Shared Experiences and Relationships (Module 4.1)**

1. There is much that requires 2 or more working together, like a \_\_\_\_\_.

Often life is more \_\_\_\_\_ sharing experiences with others. Starting from when we are very young, we are eager to \_\_\_\_\_ to others; sharing new things we are learning.

2. Who are you in relationship with? Identify 4 different types of relationships that are essential to your life.

\_\_\_\_\_

3. Animals have a way of relieving \_\_\_\_\_ and \_\_\_\_\_.

### **Relationships with People (Module 4.1)**

4. The peace and love we are wanting to give and receive within relationships can be dependent upon our \_\_\_\_\_ to allow change to take place, including \_\_\_\_\_ out any past \_\_\_\_\_.



5. Addictive behaviors strain healthy relationships because they are \_\_\_\_\_ and \_\_\_\_\_.

6. There is always \_\_\_\_\_ damage! It is often the people who love and care for us the most who are the \_\_\_\_\_ of our \_\_\_\_\_ thinking and doing.

7. Having \_\_\_\_\_ relationships in our lives is a key towards \_\_\_\_\_ sobriety, both physical sobriety and \_\_\_\_\_ sobriety.

THE PEACE AND LOVE WE ARE WANTING TO GIVE AND RECEIVE  
WITHIN RELATIONSHIPS CAN BE DEPENDENT UPON OUR  
WILLINGNESS TO ALLOW CHANGE TO TAKE PLACE , INCLUDING  
CLEARING OUT ANY PAST RESENTMENTS.

8. Pursuing \_\_\_\_\_ relationships, although perfectly natural, can bring undesired consequences when we are not ready for them.

9. What do we need to establish in order to gain stability in the realm of relationships and sobriety? \_\_\_\_\_

10. Whatever relationship and communication skills we learn we can keep for a \_\_\_\_\_.



## Navigating Peer Pressure (Module 4.2)

11. In the process of growing and interacting with an often-complicated world, we may discover that the \_\_\_\_\_ of our beliefs and \_\_\_\_\_ get blurred by the beliefs, actions, and attitudes of others.

12. Without clear boundaries, what are we in danger of doing? \_\_\_\_\_

13. If keeping a status quo and same old same old relationship dynamics are hurting us from doing good, then we need to rethink our \_\_\_\_\_ relationships and \_\_\_\_\_.



14. We need connection. We need to have some corporate identity. No man is an island. We don't need to compromise our \_\_\_\_\_ and \_\_\_\_\_.

15. What are 5 places peer pressure can come from? \_\_\_\_\_

\_\_\_\_\_



## **Breaking Free (Module 4.2)**

Are the beliefs and vision, or lack of vision of a few people close to you weighing you down? In examining my own values, morals, perceptions, and behaviors, I have found that discovering what I believe and becoming disciplined to live out those beliefs changes the way I form relationships and my sense of responsibility.

16. How does discipline to live out our beliefs help build trust in relationships?

---

---

---

---

## **The Healthy Use of Electronics (Module 4.3)**

Having access to so much information and media does put into our hands a very sharp tool, one we need to be disciplined with, and very careful with. The power to create and the power to harm lies within our grasp depending on what we do with this streaming flow of applications, data, and information.

17. Do you believe our culture is losing the art of face to face conversations? \_\_\_\_\_

Why? \_\_\_\_\_



18. What is one way to encourage more face to face interaction in the workplace?

---

19. What is one possible negative affect of spending too much idle time on screens?

---

20. If you want to be a person of integrity, holding yourself \_\_\_\_\_ both to yourself and others will strengthen your character and help straighten out your life.

21. Question for Reflection. What in your opinion are a few of the greatest benefits of ready access to information online?

---

---

---

### **The Power of Groups (Module 4.4)**

Listening to the stories of others and sharing your own experiences, feelings, and stories is a real benefit given to one in the recovery process.





22. Telling your story and hearing the stories of others is \_\_\_\_\_.

Realizing that you are not the only one going through recovery and that others are struggling

with it too is eye-opening.

23. You aren't alone, and there is no shame in bringing your struggles and \_\_\_\_\_ and tools to others in a group, and to individual people who may serve as sponsors, professional counselors, and spiritual leaders.

24. When we choose sobriety, and get our lives back on track, we want the family and friend relationships that have been stressed and strained to \_\_\_\_\_ be reconciled. We sometimes think, we are sober now, and everyone should be \_\_\_\_\_ right away and understanding to what we are now going through.


25. It can take \_\_\_\_\_ for people to realize that you have changed and to trust you again.



## Connecting with a Recovery Group (Module 4.4)

26. Where are some different places you can turn to connect with a recovery group? \_\_\_\_\_

\_\_\_\_\_



*Realizing that you are not the only one going through recovery and that others are struggling with it too is eye-opening.*

Coming out into the open with your past wrongs, fears, alcohol and drug use, and other conduct, recovery rooms, professional counselors, pastors and priests are wonderful places for guidance and support.

27. Being in community while \_\_\_\_\_ your life and finding ways to give back to others will bring much needed \_\_\_\_\_.

## Healthy Boundaries (Module 4.5)

Different types of boundaries aid in continued growth, strong family dynamics, and personal peace. They provide much needed structure to both our external environment and our emotional and spiritual integrity. First, we can look at physical boundaries.





28. What are 3 examples of physical boundaries?

\_\_\_\_\_

29. Physical boundaries clarify \_\_\_\_\_.

30. Boundary violations can be an opportunity for you to deal with

\_\_\_\_\_ and find a \_\_\_\_\_.

31. People are often good at respecting \_\_\_\_\_ boundaries but not

\_\_\_\_\_ or \_\_\_\_\_ ones.

32. When boundary violations are your fault, you will have to ask for

\_\_\_\_\_ and make \_\_\_\_\_.

### **On Multi-Tasking** (Module 4.5)

Making boundaries and staying focused on maintaining those boundaries will require being aware of and preventing distractions from pulling you back to old habits. If you are spending 15 minutes deep in thought while working on your resume, or filling out a job application online, and then you hear a (((ping))) and go and check your email, that could cost you much more than the one minute it takes to check and read through the email.



34. Staying with a task until it is finished, \_\_\_\_\_ to that task with your whole focus, and \_\_\_\_\_ out distractions is key.

34. While attending to our own goals we must avoid becoming entangled in the affairs of others. We will not try to rescue others from their \_\_\_\_\_ but will let them take \_\_\_\_\_ for their own emotions and \_\_\_\_\_.

35. What is one thing you can do each day for 5 minutes that will help you stay focused on attending to your goals? \_\_\_\_\_

### **Forgiveness, Humility, and Amends (Module 4.6)**

If only we had the perfect example and role models in our lives, had more opportunities, and made the best of the opportunities we have had. If only others could understand us better, and we stayed with the projects we started. If only we could go back and turn right instead of turning left at that crucial crossroads. If only we hadn't been unfaithful, become addicted, lost our temper, or held on to those resentments. If only my spouse, friend, father, mother, pastor, counselor, sponsor was more supportive of me. If only this world were fair, more peaceful, less violent.

36. We must come to terms with our mistakes, shortcomings, and character flaws.

We must learn to forgive others who have wronged us. Forgiving others does not



mean \_\_\_\_\_ with them, or condoning their actions, just counting them as one who needs \_\_\_\_\_ like ourselves.

37. Resentments block forgiveness. Living with resentments is a full-time job!

Being \_\_\_\_\_ is not weakness, its \_\_\_\_\_.

38. Step 6 of Alcoholics Anonymous says: *Were entirely ready to have God remove all these defects of character.* Now having realized and admitted our \_\_\_\_\_ and character flaws make the \_\_\_\_\_ to allow God to remove them. We do our part in coming clean and a fearless searching moral inventory.

39. Step 7 of Alcoholics Anonymous says: *Humbly asked Him to remove our shortcomings.* Realizing that by our own abilities and resources we fall short (shortcomings), we look to something \_\_\_\_\_ than ourselves to \_\_\_\_\_ on our behalf.

40. Step 8 of Alcoholics Anonymous says: *Made a list of all persons we had harmed and become willing to make amends to them all.* Making amends is more than saying “I am sorry!” We may be sorry for the harms against others, but making amends is doing what we can to \_\_\_\_\_ the \_\_\_\_\_.



**41. Question for Reflection.** How does having burdens of past wrongs removed and making amends to people wronged through this character-building work lead to healthy and happy relationships?

---

---

---

---

---

---

---

---

---

---

