

## **Three Types of People Who Can Influence Your Recovery**

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### **☞ Supportive people help your recovery.**

They truly care . . . They listen without judging . . . They never offer you substances if you ask them not to . . . They want to help you get better . . . They believe you about the trauma.

Who is supportive of your recovery? \_\_\_\_\_

### **– Neutral people neither help nor harm your recovery.**

They may be too involved in their own lives to support you . . . They may not know how to be supportive, but they are basically good people who don't want to hurt you.

Who is neutral toward your recovery? \_\_\_\_\_

### **× Destructive people harm your recovery.**

They undermine you . . . They offer you substances after you tell them not to . . . They abuse you emotionally or physically . . . They tell you to "just get over it" . . . They blame you, judge you . . . They criticize your attempts to get treatment . . . They tell you the trauma never happened.

Who is destructive of your recovery? \_\_\_\_\_

### **A SIMPLE GOAL**

- ↑ Increase the supportive people in your life  
and  
↓ Decrease the destructive people in your life.

### **HELPING OTHERS TO HELP YOU**

***You may need to educate people about what you need for recovery.***

- ◆ Give A Letter to People in Your Life (Handout 2) to someone in your life, or write a letter of your own.
- ◆ Tell people directly and specifically what you need. Some examples:
  - ◆ "Please never offer me drugs or alcohol."
  - ◆ "Please do not tell me your opinions about my recovery."
  - ◆ "Please do not ask me to take on new demands right now."

(cont.)

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- ◆ "Please do not criticize me right now. Only supportive statements are helpful to me."
  - ◆ "Please accept that sometimes I need to cry and get upset."
  - ◆ "Please do not use drugs or alcohol when you are around me."
  - ◆ "I need you to respect where I am right now; it is my recovery process."
  - ◆ "Please do not ask me about my trauma."
  - ◆ "Please do not get 'on my case' about going to AA—I'll go if I want to." (Or: "Please remind me to go to AA—I find that helpful.")
  - ◆ "This is a difficult time—you can be helpful by [fill in here: picking up the kids from school, coming with me to my appointments, checking in by phone]."
  - ◆ "The best way for you to help is to read about PTSD and substance abuse. I will give you material to read."
  - ◆ "You can help me by going to Al-Anon so that you get more support."
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