

“Off-Road” Check-In’s! (Recovery Script for Couples During Changing Times)

A/O partner:

1. Today I’ve been feeling (e.g., sad, anxious, ashamed, happy):
2. Some challenges I encountered were (triggers):
3. Coping skills I’ve been using: (How did I ground myself? What would ground me now?)
4. One thing I have learned about my addiction or myself is:
5. I’m grateful for:

B/T Partner:

1. Today I’ve been feeling:
2. Some challenges I’ve encountered were (triggers):
3. Self-care or coping I’ve been utilizing:
4. One way that you could help me would be to:

(A/O- Acting Out, Addict Offender. B/T- Betrayal Trauma, Beginning to Trust)

Modifications with Stressful Situations for all couples (COVID-19 etc):

This week I’ve been grounding (securing/remembering/focusing/resetting) myself in

I am grateful for....

I am fearful about....

I need courage to....

I’m not doing well in...

Can you do _____ to help me feel connected to you and us?