

MY FAMILY

Family can offer both moral and financial support to assist you in achieving your goals. List your family members and their importance to you on a scale of 1-10 (with 10 meaning you absolutely need them involved in your life), and indicate if you will live with them, whether you need to improve your relationship with them, and how you plan to do that.

Family Member (name and relation)	Level of Importance (1-10)	Do you live with them?	Do you need to improve this relationship?	If yes, how will you do that?
		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
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What are your responsibilities toward your family members, and how will you show them you have changed and deserve their love and respect?

MY FRIENDS

Solid friendships with people that respect and support your efforts to change your life for the better are important. You will need to apply several core skills that you have learned to identify and find positive influences in your life.

Which friends would be good to keep and strengthen relationships with?

Could any of your current friends serve as recovery partners?

☐ Yes ☐ No

If yes, who?

What skills you have you learned to help you choose positive friends and avoid negative ones?
