

FAMILY RECOVERY TASKS

Family Recovery Task	PHASE ONE PERFORMABLES Getting Focused on Recovery <i>(early recovery family tasks 1 - 7)</i>	PHASE TWO PERFORMABLES Decision Table: Reclaiming the Self <i>(family recovery tasks 8 - 12)</i>	PHASE THREE PERFORMABLES Vision Table: Implementation of Self <i>(family recovery tasks 13 - 19)</i>
19. Develop a Spiritual Life	<ul style="list-style-type: none"> • Join a spiritual community as a family • Family member Worst Moments exercise • Share 2nd & 3rd steps as a family • Family Spiritual Timeline • Upside-Down Tree 	<ul style="list-style-type: none"> • Couples 2nd 7 3rd step • 5th step debriefing 	<ul style="list-style-type: none"> • Complete medicine bag & share with family members • Plan & implement time for prayer or meditation as a family • Complete God Boxes within the family • Couples work steps 4 - 7 together • Open Hearts - Family Shield
20. Resolve Original Conflicts & Wounds	<ul style="list-style-type: none"> • Family members understand the nature of addiction • Understand the nature of stress as a core element of the addictive process • Family members understand addiction interaction & how this can manifest in a family • Addict shares any trauma using trauma sharing exercise with family to help family understand how trauma influenced addiction 	<ul style="list-style-type: none"> • Complete a Family Trauma Egg as a whole family • Complete Voices in My Head Exercise & share with family • Co-addict completes trauma sharing exercise with the addict/ family • Complete PTSI and share results with partner/ family • Complete family of origin therapy sequence - <i>minimum of 6 sessions</i> 	<ul style="list-style-type: none"> • Couples 8th & 9th step

FAMILY RECOVERY TASKS

Family Recovery Task	PHASE ONE PERFORMABLES Getting Focused on Recovery <i>(early recovery family tasks 1 - 7)</i>	PHASE TWO PERFORMABLES Decision Table: Reclaiming the Self <i>(family recovery tasks 8 - 12)</i>	PHASE THREE PERFORMABLES Vision Table: Implementation of Self <i>(family recovery tasks 13 - 19)</i>
21. Restore Healthy Sexuality	<ul style="list-style-type: none"> • Write a healthy sex plan & keep it updated • Complete couple sexual safety agreement • Positive sexual focus • If applicable - sexual anorexia assessment 	<ul style="list-style-type: none"> • Share as a couple 5 events that have shaped positive sexual development & 5 that have done harm • Co-addict completes sexual co-dependency exercise & shares with addict • Couple makes & shares couple sexual timeline with one another 	<ul style="list-style-type: none"> • Couple works on healthy sexual re-integration plan (Bercaw's Re-integration material) • Exercises for Singles: <ul style="list-style-type: none"> ○ Finding a partner ○ Staying single
22. Involve family members in therapy	<ul style="list-style-type: none"> • Family members attend a structured family therapy program or two or more family therapy days • Family receives education on co-addiction to show why whole family needs treatment • Family members complete Co-Addictive Inventory • Addict shares accountability exercise with family 	<ul style="list-style-type: none"> • Emotional Restitution Exercise completed by all family members (<i>Ken Wells</i>) • Family completes interpersonal amends & affirmations 	<ul style="list-style-type: none"> • Write a family mission statement with goals & tasks to accomplish

FAMILY RECOVERY TASKS

Family Recovery Task	PHASE ONE PERFORMABLES Getting Focused on Recovery <i>(early recovery family tasks 1 - 7)</i>	PHASE TWO PERFORMABLES Decision Table: Reclaiming the Self <i>(family recovery tasks 8 - 12)</i>	PHASE THREE PERFORMABLES Vision Table: Implementation of Self <i>(family recovery tasks 13 - 19)</i>
23. Alter Dysfunctional Relationships	<ul style="list-style-type: none"> • Full disclosure to primary partner & immediate family as appropriate • Complete enabling behavior checklist • Complete boundary setting exercise to establish non-negotiables in coupleship (<i>Boundary Setting I</i>) 	<ul style="list-style-type: none"> • Boundary Setting II (<i>revised boundary list</i>) • Engage in a minimum of 10 sessions of ongoing marital therapy • Complete enabling behavior checklist again & discuss continued necessary changes with a therapist 	<ul style="list-style-type: none"> • Boundary Setting III (<i>revised boundary list - ultimate non-negotiable list</i>)
24. Commit to recovery for each family member	<ul style="list-style-type: none"> • Family members attend a minimum of 6 meetings of a family oriented 12 step program (<i>Al-Anon, COSA, CODA, S-Anon, ACOA, Al-A-Teen, etc.</i>) • Each family member completes their own first step with a sponsor, with a therapist & in a therapy group (<i>parental 1st step, child 1st step, etc.</i>) • Family members complete a powerlessness & unmanageability inventory • Attend a therapy group • Communication Exercise for small children • Parents share modified first step w/ children - <i>if appropriate</i> 	<ul style="list-style-type: none"> • Family members/ Co-addicts complete steps 4 & 5 • Adult Children understand the 14 characteristics of an adult child (<i>Claudia Black</i>) • Adult Child Exercises 	<ul style="list-style-type: none"> • Family members/ Co-addict completes steps 6 - 9

FAMILY RECOVERY TASKS

Family Recovery Task	PHASE ONE PERFORMABLES Getting Focused on Recovery <i>(early recovery family tasks 1 - 7)</i>	PHASE TWO PERFORMABLES Decision Table: Reclaiming the Self <i>(family recovery tasks 8 - 12)</i>	PHASE THREE PERFORMABLES Vision Table: Implementation of Self <i>(family recovery tasks 13 - 19)</i>
25. Resolve issues with children	<ul style="list-style-type: none"> • Understand guidelines for disclosure & do an age appropriate disclosure • Make amends to children when appropriate 	<ul style="list-style-type: none"> • Children design and plan weekly fun time for the family • Children attend a minimum of 6 sessions with a therapist of their own • Couple writes a unified communication agreement re: parenting 	<ul style="list-style-type: none"> • Ideal parent exercise • Parental recommitment exercise w/ symbolic gift (“I am going to be a different parent”)
26. Resolve Issues with Extended Family	<ul style="list-style-type: none"> • Complete accountability exercise with extended family when appropriate • Complete trauma sharing exercise with extended family when appropriate • Share secrets with extended family when appropriate 	<ul style="list-style-type: none"> • Make amends to extended family when appropriate • Use of letter writing, family meetings or family sessions to resolve conflict with extended family • Uses letter writing and role playing to resolve issues with family members who have died or who are unwilling to participate in the recovery process 	<ul style="list-style-type: none"> • Reviews the basics of grieving and completes an unfinished and unsaid list
27. Work through differentiation	<ul style="list-style-type: none"> • Complete genogram as a family with a therapist • Write a fair fighting contract for the family 	<ul style="list-style-type: none"> • Critical Closure Exercise- share w/ family 	<ul style="list-style-type: none"> • Completes difficult conversations history • Lists unresolved difficult conversations & creates a resolution plan • Share drawing exercise as a family: how family was, how family is, how family would like to be

FAMILY RECOVERY TASKS

Family Recovery Task	PHASE ONE PERFORMABLES Getting Focused on Recovery <i>(early recovery family tasks 1 - 7)</i>	PHASE TWO PERFORMABLES Decision Table: Reclaiming the Self <i>(family recovery tasks 8 - 12)</i>	PHASE THREE PERFORMABLES Vision Table: Implementation of Self <i>(family recovery tasks 13 - 19)</i>
28. Recommit/commit to primary relationship	<ul style="list-style-type: none"> • Coupleship resolution contract: <i>(not a commitment to one another, but a commitment to do therapy w/ one another)</i> 	<ul style="list-style-type: none"> • Participate in weekly couple time <i>(e.g., date nights)</i> 	<ul style="list-style-type: none"> • Completes exercise on honoring each others dreams • Completes the commitment renewal process: individually, as a couple, with a couple sponsor, & with a therapist • Couples creates & performs a ritual of recommitment
29. Explore coupleship recovery	<ul style="list-style-type: none"> • Attend a minimum of 6 RCA meetings • Couple powerlessness & unmanageability inventory 	<ul style="list-style-type: none"> • Completes couples first step over dynamics of addictive/ codependent relationships • Completes & processes couple shame exercise as part of couples 4th & 5th step 	<ul style="list-style-type: none"> • Sponsor incoming couple in RCA, Al-Anon Twofers, S-Anon family group
30. Succeed in primary intimacy	<ul style="list-style-type: none"> • Completes Circles of Intimacy exercise and shares with couple, family or significant persons • Completes 30 hours of therapy with one therapist • Co-Addict and Addict attends 12 step home group a minimum of 20 times 	<ul style="list-style-type: none"> • Complete couple exercise on sharing dark side of the self <i>(Dark Passenger exercise)</i> 	<ul style="list-style-type: none"> • Identify 3 common couple dreams • Sweet nothings exercise • Personal intimate experiences <i>(Bercaw's work)</i>