<table>
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<tr>
<th>Family Recovery Task</th>
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<td>19. Develop a Spiritual Life</td>
<td>Getting Focused on Recovery (early recovery family tasks 1 - 7)</td>
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<td>Vision Table: Implementation of Self (family recovery tasks 13 - 19)</td>
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<td><strong>19. Develop a Spiritual Life</strong></td>
<td><strong>Join a spiritual community as a family</strong></td>
<td><strong>Couples 2\textsuperscript{nd} 7 3\textsuperscript{rd} step</strong></td>
<td><strong>Complete medicine bag &amp; share with family members</strong></td>
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<td></td>
<td><strong>Family member Worst Moments exercise</strong></td>
<td><strong>5\textsuperscript{th} step debriefing</strong></td>
<td><strong>Plan &amp; implement time for prayer or meditation as a family</strong></td>
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<td><strong>Share 2\textsuperscript{nd} &amp; 3\textsuperscript{rd} steps as a family</strong></td>
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<td><strong>Complete God Boxes within the family</strong></td>
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<td></td>
<td><strong>Family Spiritual Timeline</strong></td>
<td></td>
<td><strong>Couples work steps 4 - 7 together</strong></td>
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<td></td>
<td><strong>Upside-Down Tree</strong></td>
<td></td>
<td><strong>Open Hearts - Family Shield</strong></td>
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<tr>
<td>20. Resolve Original Conflicts &amp; Wounds</td>
<td><strong>Family members understand the nature of addiction</strong></td>
<td><strong>Complete a Family Trauma Egg as a whole family</strong></td>
<td><strong>Couples 8\textsuperscript{th} &amp; 9\textsuperscript{th} step</strong></td>
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<td></td>
<td><strong>Understand the nature of stress as a core element of the addictive process</strong></td>
<td><strong>Complete Voices in My Head Exercise &amp; share with family</strong></td>
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<td><strong>Family members understand addiction interaction &amp; how this can manifest in a family</strong></td>
<td><strong>Co-addict completes trauma sharing exercise with the addict / family</strong></td>
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<td><strong>Addict shares any trauma using trauma sharing exercise with family to help family understand how trauma influenced addiction</strong></td>
<td><strong>Complete PTSI and share results with partner / family</strong></td>
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<td><strong>Complete family of origin therapy sequence - minimum of 6 sessions</strong></td>
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**Family Recovery Tasks**

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| 21. Restore Healthy Sexuality | • Write a healthy sex plan & keep it updated  
• Complete couple sexual safety agreement  
• Positive sexual focus  
• If applicable - sexual anorexia assessment | • 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 | • Couple works on healthy sexual re-integration plan (Bercaw’s Re-integration material)  
• Exercises for Singles:  
  o Finding a partner  
  o Staying single |
| 22. Involve family members in therapy | • 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 | • Emotional Restitution Exercise completed by all family members *(Ken Wells)*  
• Family completes interpersonal amends & affirmations | • Write a family mission statement with goals & tasks to accomplish |
### FAMILY RECOVERY TASKS

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| 23. Alter Dysfunctional Relationships | • Full disclosure to primary partner & immediate family as appropriate  
• Complete enabling behavior checklist  
• Complete boundary setting exercise to establish non-negotiables in coupleship (*Boundary Setting I*) | • Boundary Setting II (*revised boundary list*)  
• Engage in a minimum of 10 sessions of ongoing marital therapy  
• Complete enabling behavior checklist again & discuss continued necessary changes with a therapist | • Boundary Setting III (*revised boundary list* - ultimate non-negotiable list) |
| 24. Commit to recovery for each family member | • Family members attend a minimum of 6 meetings of a family oriented 12 step program (*Al-Anon, COSA, CODA, S-Anon, ACOA, Al-A-Teen, etc.*)  
• Each family member completes their own first step with a sponsor, with a therapist & in a therapy group (*parental 1st step, child 1st step, etc.*)  
• Family members complete a powerlessness & unmanageability inventory  
• Attend a therapy group  
• Communication Exercise for small children  
• Parents share modified first step w/ children - *if appropriate* | • Family members/ Co-addicts complete steps 4 & 5  
• Adult Children understand the 14 characteristics of an adult child (*Claudia Black*)  
• Adult Child Exercises | • Family members/ Co-addict completes steps 6 - 9 |
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| 25. Resolve issues with children | • Understand guidelines for disclosure & do an age appropriate disclosure  
• Make amends to children when appropriate | • 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 | • Ideal parent exercise  
• Parental recommitment exercise w/ symbolic gift (“I am going to be a different parent”) |
| 26. Resolve Issues with Extended Family | • Complete accountability exercise with extended family when appropriate  
• Complete trauma sharing exercise with extended family when appropriate  
• Share secrets with extended family when appropriate | • 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 | • Reviews the basics of grieving and completes an unfinished and unsaid list |
| 27. Work through differentiation | • Complete genogram as a family with a therapist  
• Write a fair fighting contract for the family | • Critical Closure Exercise- share w/ family | • 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
(early recovery family tasks 1 - 7) | PHASE TWO PERFORMABLES
Decision Table: Reclaiming the Self
(family recovery tasks 8 - 12) | PHASE THREE PERFORMABLES
Vision Table: Implementation of Self
(family recovery tasks 13 - 19) |
|----------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|
| 28. Recomit/ commit to primary relationship | - Coupleship resolution contract: *(not a commitment to one another, but a commitment to do therapy w/ one another)* | - Participate in weekly couple time *(e.g., date nights)* | - 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 | - Attend a minimum of 6 RCA meetings  
- Couple powerlessness & unmanageability inventory | - Completes couples first step over dynamics of addictive/ codependent relationships  
- Completes & processes couple shame exercise as part of couples 4th & 5th step | - Sponsor incoming couple in RCA, Al-Anon Twofers, S-Anon family group |
| 30. Succeed in primary intimacy | - 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 | - Complete couple exercise on sharing dark side of the self *(Dark Passenger exercise)* | - Identify 3 common couple dreams  
- Sweet nothings exercise  
- Personal intimate experiences *(Bercaw's work)* |