

# Family Need

Explore what family means to you and how it supports recovery. Remember family can be biological or chosen. Complete each box and continue the activity on the next page.

What does a healthy relationship look like to you?

What does an unhealthy relationship look like to you?

What does support look like for you?

How do you manage frustrations with those close to you?

What Needs Does Your Family Provide?

- ☐ Childcare
- ☐ Financial support
- ☐ Emotional support
- ☐ Housing
- ☐ Transportation
- ☐ Spiritual support
- ☐ Assists with problems
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

What are ways you feel valued in a relationship from others?

Who do you feel close to and can depend upon?



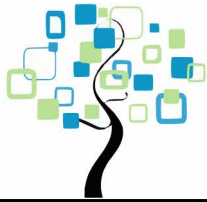
# Family Need

What does family mean to you?

How does your family support recovery?

How does your family create barriers to  
your recovery?

- ★ Place a star next to the items that represent your biological family.
- ✓ Place a check mark next to the items that represent your chosen family.
- Circle the items that have both a ★ and ✓.



# Family Need

How Many ★	How Many ✓	How Many ○

Where do you get the most support? \_\_\_\_\_

How does this group support your recovery? \_\_\_\_\_

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Where do you get the least support? \_\_\_\_\_

What are the challenges you face with this group in your recovery journey? \_\_\_\_\_

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How does this group support your recovery? \_\_\_\_\_

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What would improve your relationship while also supporting your recovery with this group? \_\_\_\_\_

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What skills do you think would be helpful to work on?

☐ Healthy Boundaries

☐ Understanding Empathy

☐ Communication

☐ Developing Respect

☐ Conflict Management

☐ Preparing for Difficult Conversations

☐ Understanding Love

☐ Asking for Help