



The Two Most Important Relationship Questions Rationally Evaluating the Issue of Remaining In or Leaving an Alcoholic Relationship

CONFIDENTIAL!

SEGMENT 1: SELF-EVALUATION

INSTRUCTIONS: Take some quiet time to reflect on and answer the 1st most important relationship question below. The same question worded differently would be: "Why would another person want to be in a relationship with me?" Another way to put it would be: "What do I bring to the table (add)? and What do I take away from the table (subtract)?" Be painfully honest. List the Positives and Negatives first, then go back and score each item individually on a scale from 1 to 10, 10 being the most serious or weighty. Add up your total score at the bottom. Which side outweighs the other side?

1. WHAT DO I BRING TO THIS RELATIONSHIP?			
(Why would another person want to be in a relationship with me?)			
PROS - POSITIVES (What do I add to this relationship?)	Score	CONS - NEGATIVES (What do I subtract from this relationship?)	Score
Total Score		Total Score	

Which column has the highest score?

SEGMENT 2: EVALUATION OF THE ALCOHOLIC

INSTRUCTIONS: Ask yourself the 2nd most important relationship question below regarding the Alcoholic. Write down the Positives and Negatives, and then score each item individually on a scale from 1 to 10, 10 being the most serious or weighty. Add up your total score at the bottom. Which side outweighs the other side?

2. WHAT DOES THE OTHER PERSON BRING TO THIS RELATIONSHIP?			
(Why would I want to be in a relationship with him/her?)			
PROS - POSITIVES (What does he/she add to this relationship?)	Score	CONS - NEGATIVES (What does he/she subtract from this relationship?)	Score
Total Score		Total Score	

Which column has the highest score?

6. In the event that my spouse/partner does not recover fully, what will my children's life be like in ten years if I *keep* them in this relationship?

7. In the event that my spouse/partner does not recover fully, what will my life be like in ten years if I *leave* this relationship?

8. In the event that my spouse/partner does not recover fully, what will my children's life be like in ten years if I *remove* them from this relationship?

9. Whether my decision is to stay or leave, in the future when I am on my deathbed and reviewing my life, will I wish that I had made a different decision? Or will I have a bad case of the "If Only's" and "could-have-been's?"

10. Has the trust in the relationship been betrayed? Yes No

11. How would you rate the level of trust in your relationship on a scale from 1 to 10? (circle one):

FULL DISTRUST — 1 2 3 4 5 6 7 8 9 10 — FULL TRUST

(If the trust has been broken and you rated it below 9 on the scale, know this: When the trust has been betrayed—especially grievously betrayed—the relationship is over; it can never be what it once was. Period. When the trust has been betrayed, suspicion rules. And when the only thing left in a relationship is suspicion, the relationship is over. Trust is not a gray area; you either have it or you don't, and no relationship can be healthy without full trust.)

12. If the trust has been betrayed, ask yourself, "Do I honestly want to go through the rest of my life always wondering and doubting? Do I want to send my children the message that it's okay to continue in a relationship when the precious trust has been broken?"

13. What advice would you give to your son, daughter, or best friend if they were in your situation?

NOW, DO THE RIGHT THING!

Appendix

D

REINVENTION WORKSHEETS

INSTRUCTIONS

STEP 1: Temporarily remove yourself emotionally from this process, and approach it from the third person. For example, when choosing core values for this new you, verbalize it by saying, “I want this new person to have *this* core value.” Take a long, deep breath. Relax. Clear your mind. Now, begin to think about who you would be if you could literally create a new person who looks like you. Ask yourself, “Who do I want this person to be?” To answer this question, ask another question, “What do I call a good person?” The question is *not*, “What do your parents, family, friends, workmates, and religious leaders think constitutes a good person,” but what do *you* think does? Perhaps your list will include such virtues as patience, kindness, loyalty, honesty, and reliability, etc. Make a list of the virtues and core values that will go into this new you (see below for examples). Remove all the stops! This is the ideal person; exactly who you would want to be, no holds barred.

STEP 3: After you’ve made your list of core values, define the healthy limits of each core value by creating a “Boundary Clause.” At this point, write the substance of your core value in the first person and present tense. For example, write, “I do not allow other people to...,” instead of “He/She will not allow other people to...” In this way, you “act as if” your core value is already a reality (see Chapter 17 for examples).

STEP 4: Next, establish the characteristics, disposition, and demeanor of the new you using the Characteristics Worksheet below. An example would be, “I am upbeat, cheerful, and positive whether alone or with others.” (See below for examples). Don’t forget to add this new person’s interests and hobbies, objectives, goals, level of self-esteem, career, daily routine, level of fitness, weight, etc.

STEP 5: Establish at least three core values along with boundary clauses today, as well as three personality characteristics. Then, tomorrow, review your list out loud with conviction, and add at least one more. Continue to add core values and characteristics each day religiously until you have exhausted every relevant issue. Then continue to review your Worksheets every day for at least one month.

You must not allow your own “stinkin’ thinkin’” to undermine your new foundation. Do not give into self-doubts. Review your Worksheets *every day* to reaffirm your conviction!

SAMPLE LIST OF CORE VALUES

- Self-Acceptance
- Self-Responsibility
- Respect for Free Will
- Self-Completeness
- Trueness
- Loyal/Loyalty/Fidelity
- Trust/Trustworthy
- Strong Mental/Emotional Resources
- Unselfish
- Interdependent Relationships
- Honest
- Compassionate
- Dependable/reliable
- Patient
- Unselfish
- Kind
- Loving
- Generous
- Strong
- Self-sufficient/Self-reliant
- Sensitive
- Peaceful/Tranquil/Serene
- Just/Fair
- Impartial/Unprejudiced/Unbiased
- Focused
- Devotion/Devoted
- Courageous
- Honorable
- Disciplined
- Hospitable
- Industrious
- Perseverance
- Organized
- Orderly
- Sincere
- Solving Problems
- Economical

- Independent
- Patriotic
- Freedom Loving
- Can you think of others?

SAMPLE LIST OF CHARACTERISTICS

- Fun
- Positive
- Upbeat
- Cheerful
- Down-to-earth
- Open
- Easy Going
- Smile
- Gait
- Direct
- Assertive
- Grateful
- Persistence
- Moderate
- Cleanliness
- Sense of Humor
- Intelligent
- Spontaneous
- Romantic
- Can you think of others?

REINVENTION WORKSHEET

Name:	Date:	Page Number:
--------------	--------------	---------------------

<input style="width: 20px; height: 20px;" type="checkbox"/> Number	Core Value:	
	Description:	
	Boundary Clause:	

<input style="width: 20px; height: 20px;" type="checkbox"/> Number	Core Value:	
	Description:	
	Boundary Clause:	

<input style="width: 20px; height: 20px;" type="checkbox"/> Number	Core Value:	
	Description:	
	Boundary Clause:	

<input style="width: 20px; height: 20px;" type="checkbox"/> Number	Core Value:	
	Description:	
	Boundary Clause:	

CHARACTERISTICS WORKSHEET

Name:	Date:	Page Number:
-------	-------	--------------

<input style="width: 20px; height: 20px;" type="checkbox"/>	Characteristic:	
Number	Description:	

<input style="width: 20px; height: 20px;" type="checkbox"/>	Characteristic:	
Number	Description:	

<input style="width: 20px; height: 20px;" type="checkbox"/>	Characteristic:	
Number	Description:	

<input style="width: 20px; height: 20px;" type="checkbox"/>	Characteristic:	
Number	Description:	

<input style="width: 20px; height: 20px;" type="checkbox"/>	Characteristic:	
Number	Description:	

<input style="width: 20px; height: 20px;" type="checkbox"/>	Characteristic:	
Number	Description:	

Appendix

E

BOUNDARY VIOLATION/RESPONSE WORKSHEET

	BOUNDARY VIOLATION	INITIAL RESPONSE	CALL TO ACTION	FINAL ACTION
	<p>"When you..." (State the behavior)</p>	<p>"I Feel..."</p> <ul style="list-style-type: none"> • Hurt • Embarrassed • Angry • Frustrated • Afraid 	<p>"Can I ask you to... ?"</p>	<p>If this behavior continues, then I will... (This usually means walking away, but can also mean leaving the home, calling the police, etc.)</p>
1.				
2.				
3.				
4.				
5.				
6.				