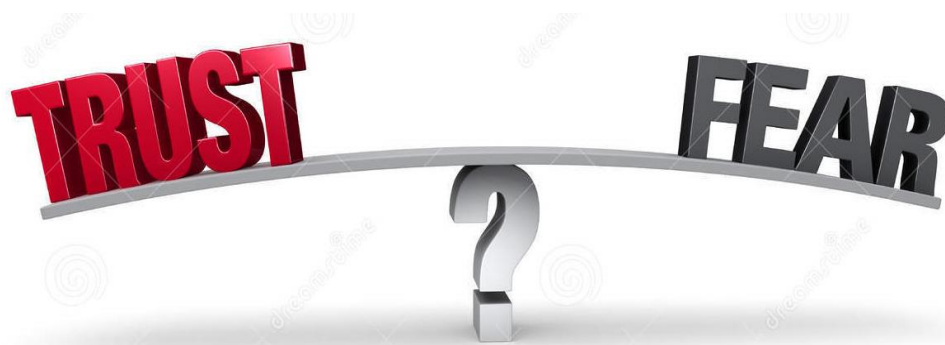


BUILDING TRUST



**When can we trust?
Will we ever be trusted?**

ANDREW J. SCHREIER, SAC, BS

OVERVIEW



- ✓ Trust & Addiction
- ✓ Family's Perspective
 - ✓ *When can we trust?*
- ✓ Addict's Perspective
 - ✓ *Will we ever be trusted?*
- ✓ Building Trust
- ✓ Recovery as the Vehicle on the Road to Trust

FAMILY MEMBER'S PERSPECTIVE

- ✓ If someone you love is addicted, chances are one of the first things that was damaged in your relationship with them is the trust you had.
- ✓ Long before you lose respect, patience, and in some cases love, trust is usually first to go.
- ✓ You probably contended with the lies, the odd behaviors, the loss of property, theft, and endless broken promises and been left at times only with a constant sense of doubt about what your loved one says and does.

FAMILY MEMBER OR LOVED ONE...

As family members and loved ones, what questions and concerns do you want the individual dealing with addiction to know about the issues surrounding trust?

Use this statement: When it comes to trust, I want them to know...

UNFORTUNATE LESSON

- ✓ Family members and loved ones are taught by repeated abuse of their trust, to simply, **NOT** trust.
- ✓ Doubt begins to linger in regards to the addicted individual, family members, other relationships, and even themselves.
- ✓ We expect to be able to trust the people we love and it goes without saying that in most relationships, when trust is absent it is difficult to keep moving the relationship forward.
- ✓ But, if you have loved an addict and understand anything about the addiction they have, you will know that not only is losing trust inevitable, it also becomes necessary.

NEED versus WANT

- ✓ Family members and loved ones do not **WANT** to lose trust and never trust again.
- ✓ Family members **NEED** to establish boundaries and lose trust as it becomes necessary for them to protect and maintain some form of emotional stability.
- ✓ This is not to suggest that it feels at all good or right.

Question for loved ones: Can you remember the moment when the trust you had was suddenly destroyed? What did that look like through your eyes/experience?

MOST IMPORTANT QUESTION for Family Members

When can we trust them again?



TRUST

ADDICT'S PERSPECTIVE

- ✓ We are sober and out behind bars – **that means something.**
- ✓ Isn't staying sober enough?
- ✓ The difficulty of telling the truth and not having family members believe them.
- ✓ Uncertainty of not knowing when family members will trust them, how much they will trust them, and how long it will take to regain trust.

MOST IMPORTANT QUESTION for ADDICTS IN RECOVERY

Will we ever be trusted?



ADDICT IN RECOVERY...

As individual's dealing with addiction, what do you want family members and loved ones to know about your concerns regarding the issue of trust?

Use this statement: When it comes to trust, I want them to know...

BUILDING TRUST



BUILDING TRUST

- ✓ Trust takes a lot longer to build than it does to destroy.
- ✓ Trust can be broken with a single action.
- ✓ Many honest and reliable actions must be followed through before trust can begin to take seed and grow.
- ✓ The time it takes to trust your loved one again will vary depending on each unique situation.

BUILDING TRUST

- ✓ Unfortunately, in the early stages of recovery it may not even be possible to begin to trust as old behaviors can linger even when the addiction is being managed.
 - ✓ Family Members: What behaviors concern you besides the using?
- ✓ Often when lies and deceit have been a constant way of life, the habits can be easily fallen back into for reasons, as family members, we do not understand.
 - ✓ Addict in Recovery: Why is it easier at times to fall back into old ways as opposed to learning new ones?

WAYS TO BUILD TRUST

✓ **Communication**

- ✓ Family Member: What kind of communication do you want or expect to have?
- ✓ Addict in Recovery: What kind of communication do you want or expect to have?
- ✓ How can you build on communication?

✓ **Rating Your Trust**

- ✓ On a scale of 1 (low) to 9 (high) have a family member rate the trust they have with the addict in recovery.
- ✓ If the family member says a 2 then have both parties discuss ways they can reach a 3 or even a 2.5.
- ✓ Continue to improve on building the trust by progressing up in the scaling system.

✓ **Engagement in Treatment** (from all or both parties)

✓ **Quality Time Together**

- ✓ The difference between quantity and quality
- ✓ What quality activities are you going to engage in?

RECOVERY AS THE VEHICLE ON THE ROAD TO TRUST

✓ FAMILY MEMBERS:

- ✓ In recovery, allow your loved one to begin to earn your trust but be aware that this is a skill they need to re-develop.
- ✓ You should continue to protect yourself but also observe their commitment to their recovery, look for changes to their lifestyle, friends and choices of entertainment, watch how they behave, and listen to what they say.
- ✓ Don't waste energy trying to make sure your loved one doesn't slip up or looking for evidence of betrayals.
- ✓ It is difficult, but trying to control them will not work.

RECOVERY AS THE VEHICLE ON THE ROAD TO TRUST

- ✓ ADDICTS IN RECOVERY:
 - ✓ Practice acceptance. Accept that trust will not be returned overnight and can take significant amount of time to re-build.
 - ✓ Your behaviors hurt them. Take ownership of how your behaviors have influenced the trust.
 - ✓ A commitment to recovery is the only way all parties can start making their way to trusting each other once again.
 - ✓ Your sobriety is worth A LOT... but we all know there is more change in store for you that everyone, including yourself, needs to look forward to in the future.