

TIPS for Trust Building

Family Members

- o **Your trust, your boundaries** - - when it comes to trust what will you/what will you not do?
- o **Building trust** - - what do they need to do to get the process going?
- o **It affects you** - - but it doesn't mean it's about you.
- o **Imagine what being able to trust them would look like** - - share how meaningful that would be.
- o **Expectations** - - progressing, not perfecting.
- o **Be patient** - - it needs time.

TIPS for Trust Building *Addicts in Recovery*

- o **Earn the inch** - - don't take it!
- o **When given an inch** - - value it and take no more.
- o **Share about your recovery** - - let them know what it means to you and what you are doing.
- o **Let your actions speak louder than words** - - show me, don't tell me.
- o **Be honest about the red flags and warning signs** - - tell them about the behaviors and risks to pay attention to.
- o **Be patient** - - it needs time.