How Family Beliefs Affect Recovery...

ours and our loved ones.

RP RECOVERY PRACTICES LLC

Guidance • Support • Solutions

Guide Series

Presented By:
Recovery Practices, LLC

Prepared By:
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Family Rules

- Don't speak
- Don't trust
- Don't feel

Family Beliefs

- Conditional Love
- Perfectionism
- Conflict resolution
- Boundaries: yes, no, healthy, unhealthy

Foster a Healthy Environment

- Schedule time together: work, play, service.
- If long-distance: schedule phone dates.
- Explore and discover common interests.
- Share decisions that affect others.
- Create a Family Mission Statement.
- Hearten Support.
- "Truth Tell" with love, kindness, empathy, and the facts.

How to Repair a Fragmented Family

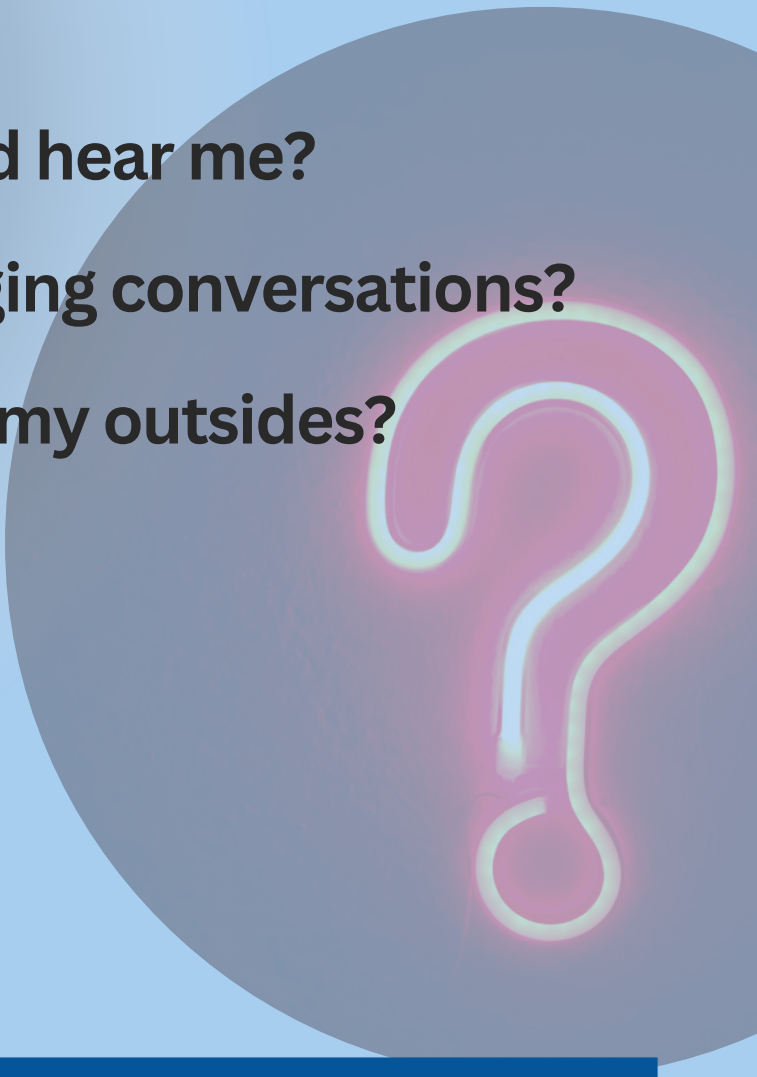
- Let go of expectations.
- Share without fear or perhaps through the fear.
- Part with old patterns of unhealthy communication.
- Practice listening.
- Inquire with open-ended questions.
- Affirm, acknowledge, reflect, and be curious.
- Strengthen beliefs in self.
- Nurture hope.
- Advocate for change.
- Be a role model.

Benefits of a Healthy Family System

- Present and future generations
- Calm connections
- Clear communication
- Healthy decisions, direction, and support
- Peaceful transformation
- Mutual purpose

Family Self-Assessment

- Do I "hear" others?
- Do I "see" others?
- Do I let others see and hear me?
- Am I open to challenging conversations?
- Do my insides match my outsides?



DO YOU NEED MORE HELP?

LET'S CONNECT

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About COLLEEN

My mission is to provide families and individuals guidance, support, and skills to navigate through difficult challenges and create positive outcomes.

Together we can move forward and create positive change!

My 12-Week BALM® Family Recovery Workshop with Private Coaching includes:

• 12 private coaching sessions for individuals, couples, groups of family, and/or friends.
• Laser sessions included.

The one-year BALM® Family Recovery Comprehensive Program with Private Coaching includes:

• 24/7 online support
• 12 private coaching sessions for individuals, couples, groups of family and/or friends.
• Laser sessions included.

Reach out today for a Free 30-minute consultation so I can understand your needs/concerns and provide the best recommendations for resources, support, and guidance that could change your life for the better.

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