



#### **4. Be Transparent**

Share with your loved ones what you need, how you are feeling, and what is going on in your life. The more they know about you and your recovery process, the more confident they will be in your sobriety.

#### **5. Keep Your Promises**

Be mindful of what you say you are going to do or the commitments you make going forward. Early in recovery, people tend to make large promises that are often difficult to keep. Keep them small and manageable, being honest with yourself and your loved ones about what you can and cannot do. Always keeping in mind "Does this support recovery?"

#### **6. Be Patient**

It takes time to rebuild trust and time for other to forgive past indiscretions.

#### **7. Behaviour/Time = Trust**

Actions speak louder than words. As you are working your recovery program and engaging in positive behaviours', your loved ones will notice, and your relationships will start to heal and grow with you.