

Recovery

The Sick Relationship	The Recovering Relationship
1. We lived as enemies and were constantly at war	1. We learn that we are allies
2. We lived in fear, trying to control our relationship	2. We rely on a Higher Power and have faith
3. We tried to fix our partner or expected our partner to fix us	3. We learn to express our feelings without expectations. We learn that our partner does not have to fix us
4. We tore down or denied our partner	4. We learn to affirm our partner
5. We had to have the last word	5. We learn to listen, to hear what is really being said
6. We held our partner or our circumstances responsible for our happiness or unhappiness	6. We keep the focus on ourselves
7. We swung between high arrogance and low self-esteem	7. We learn humility
8. We couldn't allow our differences to exist	8. We sometimes agree to disagree
9. We were unwilling to give our partner and relationship a chance	9. We learn to be patient and trust the process
10. We communicated, if at all, in indirect and negative ways	10. We learn to communicate with trust, openness, and love
11. We lost our perspective and lived in despair	11. We regain our sense of humor
12. We were unable to live in the present, and crippled our relationship with projections about the future or anger about the past	12. We commit ourselves to our relationship one day at a time