

11 Roadblocks to Addiction Recovery

(for partners)

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1. **Unresolved Trauma Symptoms** (flashbacks, etc.) -- Partners need to face and work through trauma. It often takes more than just talk therapy.
2. **Your Own Addictions** -- any ways you numb out or check out of reality, such as screen time, food, work, etc. Addictions keep you from feeling. You must address your addictions in order to be able to connect.
3. **Incongruence** -- the inconsistency of shame driving us away from relationships instead of healthy guilt, which pushes us toward relationships.
4. **Improvising** -- there comes a time when we need to remove poor coping behaviors that helped us survive in the beginning. We can't feed our children Saltine crackers for dinner forever!
5. **Enablers** -- we need people who will provide both compassion AND accountability to help keep us moving forward.
6. **Certainty** -- trauma makes everything uncertain, so we try to make things certain. We make final conclusions like, "He is an addict, and I am right." We need to be able to sit in uncertainty without making final conclusions.
7. **Isolation** -- shame, embarrassment, etc. blocks love. C. S. Lewis said, "To love is to be vulnerable."
8. **Leaving a Bridge Open for Intimate Connection** -- jumping in won't feel logical. Love is a submission, not a decision. You surrender into it. Count the cross as you walk up to the line - then there comes a time to jump in.
9. **Poor Boundaries** -- good limits/good boundaries bring peace. For some helpful resources on boundaries check out the books: *The Assertiveness Guide for Women: How to Communicate Your Needs, Set Healthy Boundaries, and Transform Your Relationships* by Julie de Azevedo Hanks and *Present over Perfect* by Shauna Niequist.
10. **Unrighteous Indignation** -- we can be corrupted by our own righteousness.
11. **No Options** -- people who have had no options have still found ways to grow! If you have a "why" to live, you can bear any "how."

OTHER QUOTES:

- "If in recovery he's leaving you behind, he's not in good recovery."
- "The opposite of addiction is connection."
- "In couples recovery, you can only go as fast as the slowest person."
- "Creating a secure base as a couple is the best way to heal."
- "Too much or too little shame will keep you stuck."
- "When I'm not at peace inside me, I cause trouble around me" (Carol Thomas).
- "We must make peace with uncertainty."
- "Uncertainty and vulnerability are necessary for intimacy."
- "We co-regulate better than we self-regulate."