

## **Relationships**

If we are unhappy without a relationship, we'll probably be unhappy with one as well. A relationship doesn't begin our life; a relationship doesn't become our life. A relationship is a continuation of life.

-- Beyond Codependency

Relationships are the blessing and bane of recovery. Relationships are where we take our recovery show on the road.

Each day, we are faced with the prospect of functioning in several different relationships. Sometimes, we choose these relationships; sometimes, we don't. The one choice we usually have in our relationships concerns our own behavior. In recovery from codependency, our goal is to behave in ways that demonstrate responsibility for us.

We're learning to acknowledge our power to take care of ourselves in our relationships. We're learning to be intimate with people when possible.

Do we need to detach from someone who we've been trying to control? Is there someone we need to talk to, even though what we have to say may be uncomfortable? Is there someone we've been avoiding because we're afraid to take care of ourselves with that person? Do we need to make an amend? Is there someone we need to reach out to, or show love?

Recovery is not done apart from our relationships. Recovery is done by learning to own our power and to take care of ourselves in relationships.

Today, I will participate in my relationships to the best of my ability. I will make myself available for closeness and sharing with people I trust. I will ask for what I need and give what feels right.