



Romantic Relationships – Planning Ahead

What's going to happen to my Relationship Life if/when substances are out of the picture?

Getting Started: Which situation below most closely describes your current relationship situations. Important – If in a group, do not share your answer with anyone, yet: *(Circle one below)* -

- 1) I am currently in a relatively stable, committed relationship for some time now.
- 2) I am in an established relationship but we are having problems or I am not sure if I want to stay
- 3) I am in a new relationship that is off to a good start
- 4) I am in a new relationship that is off to a rocky start
- 5) I am involved with someone but I am not sure of the exact status right now
- 6) I am not in a relationship right now but I eventually want one
- 7) I am not in a relationship right now and I am not interested in one at any time in the near future
- 8) Other – (Not described above) _____

Next: On the bottom of this page, do your best to fully describe your current relationship status NOW and your FUTURE relationship plans. Some examples:

Example 1 -

NOW - I have been with the same person for a year and our relationship is on the rocks because we argue all the time about stupid stuff

FUTURE - I really want it to eventually work out and for us to find a way to stop all of the stupid arguments

Example 2 -

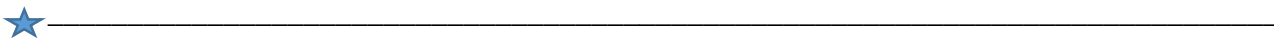
NOW - I am single and that is how I want to stay for the foreseeable future. I usually end up cheating on my relationship partners when I am high anyway. For now, I am still interested in sex but not in relationships.

FUTURE - Eventually I could see myself finding someone I can trust and try to settle down with and maybe even have a kid one day. It would have to be someone who has their act together.

Those were just examples to get you thinking. Now try to accurately describe your current relationship situation and relationship goals on the blank part of the paper, below the line:

*Keep this in mind:

- 1) Try to write neatly
- 2) Try not to use words that identify if you are a man or a woman as in the above examples provided. (You don't want others to easily guess that you wrote this)



NOW:

FUTURE:



Group Activity: Relationship Roundup

Directions:

- 1) Everyone tear off the bottom section of the previous page that has your description of your relationship situation NOW and your FUTURE relationship goal ★
- 2) Mix up all of the sheets of paper and redistribute them to the group so everyone has one. (It is OK if you get your own back)
- 3) Everyone take a minute to read the new paper that they received (even if it is by chance your own) and then do the following steps **a** and **b** below, one person at a time until everyone goes. Don't try to guess or give away who has who else's paper just yet:
 - a. Out loud to the rest of the group, share with the rest of the group the situation NOW and in the FUTURE described on your paper.
 - b. Next, out loud to the rest of the group, based on what you read on your paper, even if it is your own paper, say what advice you would have for this person. For example, "*Personally. I think this person should _____*"
- 4) Finally, once everyone had their turn and every paper has been read with some advice given, one by one, the group should try to guess whose paper each person had. See how many you can guess correctly

Discussion: (Discuss as a group)

- Whose paper was the easiest to guess and why? Whose was the most difficult?
- What was it like hearing your own paper read? (Or if anyone ended up reading their own, how did it feel sharing your own situation with the group?)
- What did you think about the advice that you got about your relationship status? What did you agree or disagree with? What did other group members think about the advice for you?

Factoring in Substance Abuse: Complete the following three short questions:

- A. On a scale of 1 to 10, rate your current motivation level to stay away from your substance of choice (10 being the most motivated, zero meaning not at all motivated) _____
- B. On a scale of 1 to 10, how strongly do you want to remain in your current relationship status? (For example if you are married, how strongly do you want to stay married, if you are single, how strongly do you want to remain single in the foreseeable future?) _____
- C. Right now in your life, is one more important than the other, **A** or **B**? Which score was higher?



Concluding Discussion and Goal Setting:

- When taking your substance abuse situation into account and factoring that in, what do you think is the best course for yourself when it comes to relationships? What does your group think? (Discuss)
- What practical steps can you start taking today in order to keep yourself on a positive path with regard to your relationship situation? (Again, get some group and counselor feedback)