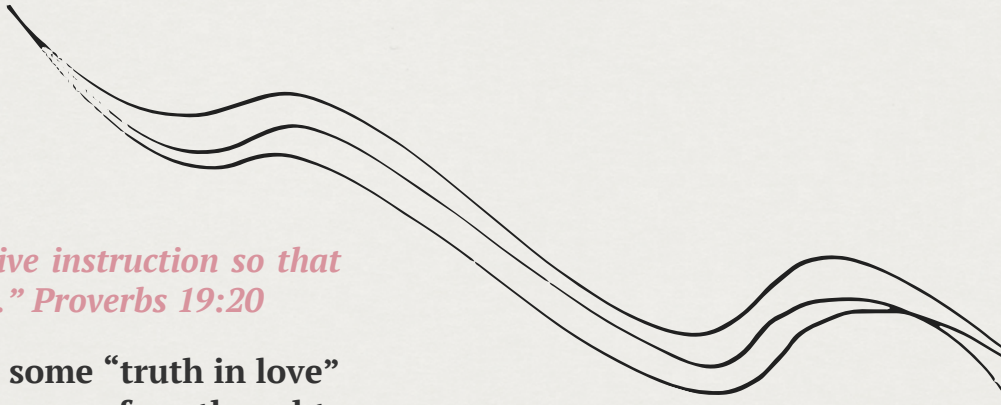


REALITY CHECK

workbook

Written by Nichole



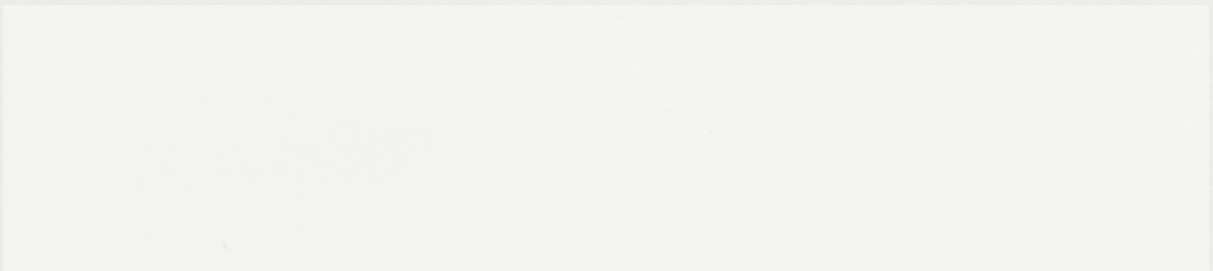


“Listen to counsel and receive instruction so that you may be wise later in life.” Proverbs 19:20

There are days we all need some “truth in love” and wise counsel. Here are a few thought-provoking questions to help you have a healthy new perspective.

“But speaking the truth in love, let us grow in every way into him who is the head—Christ.” Ephesians 4:15

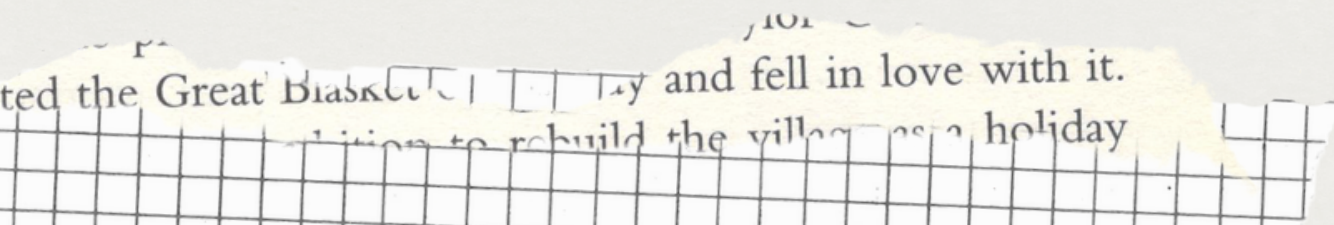
1. Prayerfully consider the five points Leah challenged you with. Which one spoke to you? Or, if you're honest, stepped on your toes? The five points were: “Get your head out of the sand,” “Three months sober is not long enough to leave your past behind,” “Stop dreaming about your ex-boyfriend,” “You need a plan, girl,” and, “Realize you're part of the problem” (ouch!).



2. Calculate the math problem Leah proposed. It's not a science, it's a suggestion to get a realistic idea of how long your loved will need to have for true healing. Remember, true freedom and recovery can only be found through Jesus Christ. If your loved one isn't a Christ-follower, pray for them to accept Jesus as their Lord and Savior.

If they're a lukewarm Christian (Rev. 3:16) pray their hearts are softened and they grow in their relationship with God. Wherever they're at in their faith, you can ask God to put people in their path to witness to them while being a godly example for your spouse (1 Peter 3:1).

$$\begin{aligned} & (\text{___ years old}) - (\text{___ total lifetime sober}) \\ &= (\text{___ years battling addiction}) / (\text{___ current sober time}) \\ &= (\text{___ years expected recovery time}) \\ &+ (\text{Jesus *divide again by 2}) \\ &= \text{___ (years before you should expect healing)} \end{aligned}$$



ted the Great Blask... and fell in love with it.
... to rebuild the village as a holiday

3. *“Finally brothers and sisters, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.”*
Philippians 4:8

Ungentle Suggestion #3

The next point says to stop dreaming about your ex-boyfriend. This may not be your struggle, but this point is relative to all unpure thoughts (Gal. 5:19-20). Renew your mind with scripture and meditate on what it says (Rom. 12:2).

Write a prayer to God asking for forgiveness of unpure thoughts and ask Him to help you to think righteously (1 Cor. 10:13). Remember, we are not made right with God through our actions, but through our faith, so don't beat yourself up about sin! The more you grow in your relationship with God, the less you will want to sin. This is only a reality check to say, "Hey, girl, cut that junk out!"

"We have been made right with God because of our faith. So we have peace with God through our Lord Jesus Christ." Romans 5:1 (ERV)





DON'T WAIT FOR AN EMERGENCY TO HAVE AN EMERGENCY PLAN

4. We know Jesus can change our situation and our loved ones, however, an emergency plan is wise to have. So is a living will, just saying. The reality is, we may have to separate from our spouses for a time or worst case, for good. What will you do if the unthinkable happens and they die too young? Will you be okay?

*“The plans of the diligent certainly lead to profit, but anyone who is reckless certainly becomes poor.”
Proverbs 21:5*


Having a plan is wise and is scriptural (lots of wisdom in Proverbs!). Pay attention to your finances and investments, know where your money is going and how it is being spent. Put aside or make copies of essential documents. Pack a bag, possibly leave it with a trusted friend.

*“Know well the condition of your flock, and pay attention to your herds.”
Proverbs 27:23*

Leah gave some great tips on having an emergency plan. Write out a list of what you might need for your Plan B. Our hope is in Jesus, we don't want to get stuck idolizing our relationships.

*“Put not your trust in princes, in a son of man, in whom there is no salvation.”
Psalm 146:3 (ESV)*

When creating your emergency plan, consider...

- 
- Finances (emergency fund, mortgage, utilities, car payment)
 - Spouse's life insurance policy (does it cover overdose or suicide? Is there enough for college? Enough to pay your mortgage down?)
 - Childcare in case of an emergency (overdose, court hearing, working late)
 - "Go-bag" you can quickly grab and run with?
 - Do you have copies of passports, driver's license, social security or insurance, birth certificates, marriage certificate, custody agreements, property title?
 - Have you made copies of bank accounts and credit cards?
 - Do you have emergency medication prescriptions on-hand?
 - Do your smoke detectors all work?
 - Have you and your spouse made a final will & testament?
 - Do you have a lawyer? It's free to call and find a good one.

5. While we love our loved ones in active addiction, it is not the time for marital submission and compromise as they can be selfish and make unwise decisions. Use your judgment to do what you need to take care of yourself and children, if you have them.

We can stop enabling the sin of others by creating healthy boundaries. Acknowledging our reality is an important part of our healing.

Right now, acknowledge what part you're playing in the relationship. Write it down and say it out loud! Ask God to show you how to set Godly boundaries and how to heal so you can start implementing them.

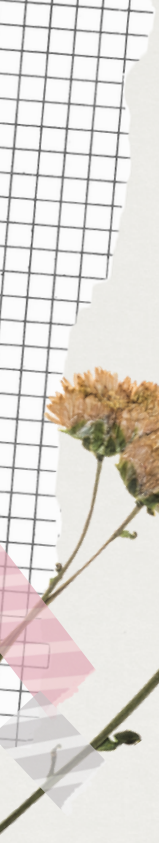


Hopefully, now you feel ready to fight for your relationship from the position of peace that God has promised you without romanticizing!

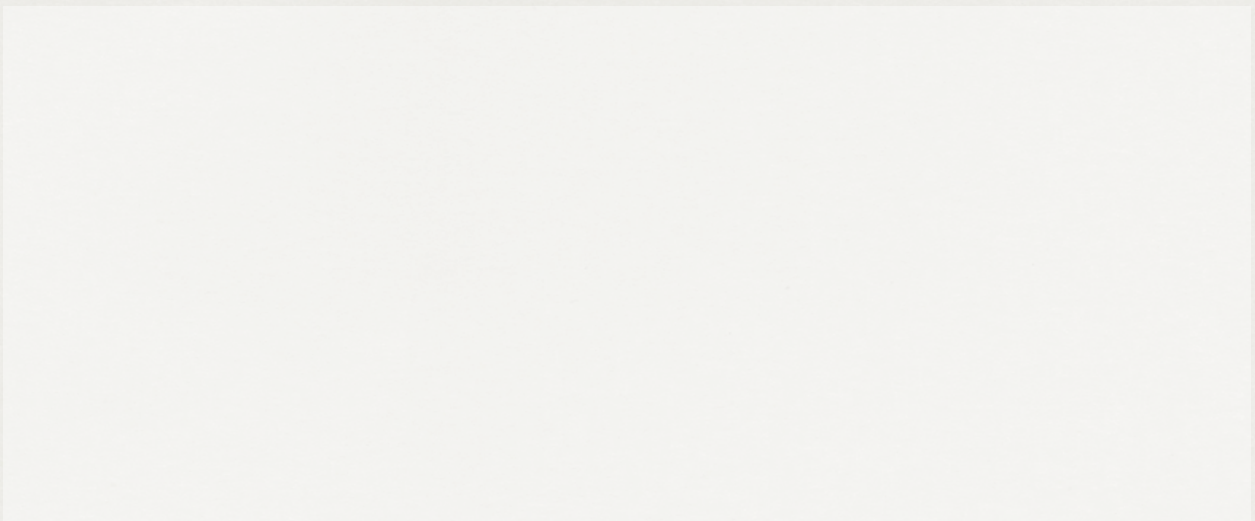
“You will know the truth, and the truth will set you free.” John 8:32

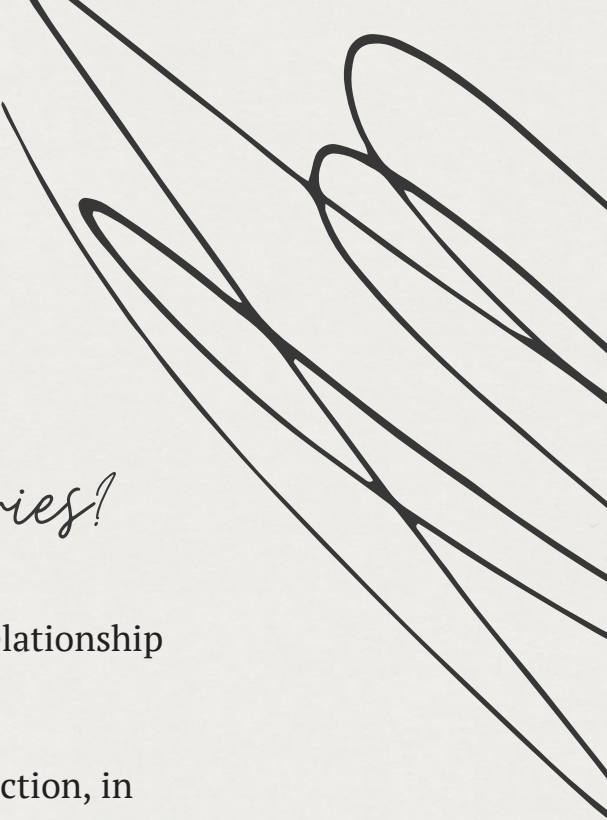
Prioritize your relationship with God. You are His hands and feet and you’re here to hug and love your addicted family member or loved one as they move toward recovery. But, love them in a healthy way.

As Leah always says, “A healthy you will help them better than unhealthy you. Unhealthy you can’t help anyone but yourself.”



6. Just for fun, do you remember anything you did in the past that you used to do, but know now is bad for you? Is there anything you would like to bring back?





Want help with boundaries?

There is nothing more helpful or beneficial in a relationship affected by addiction than boundaries.

Those boundaries will help you during active addiction, in recovery, and throughout your relationship long-term, even as it becomes more "normal".

The truth is, your relationship may never look completely atypical, but learning how to accept it and love your spouse as they are can make all the difference (so long as they are not hurting you and you are healthy enough to handle it!).

[Click here to learn more about what mistakes you might be making in your relationship](#) that are hurting more than they are helping, and how to fix them!

