

Addiction Recovery Center

TRUST AND RESPECT AGREEMENT (TRA)

Addict:

For my part,

I admit that there has been a history of deception and denial on my part in our relationship. I have not been honest with myself or you. I recognize that this has destroyed your trust and that I am unlikely to understand the deep pain and sorrow this trauma has caused you. I want you to know that it is my intention to stop the deception, pursue recovery, and find healing from these compulsive and addictive behaviors. I want to be rigorously honest with myself and with you, and authentic in all my relationships. I acknowledge that this won't be easy and that I will need to learn what it means to practice ongoing transparency.

While my personal recovery may be successful, I know that it is separate from my need to make the necessary repairs in my relationship with you if there is to be any hope of reconciliation or full restoration in the future. I recognize that in order to rebuild trust I must first and foremost create physical, mental, emotional, financial and spiritual safety for you. I need to validate and be sensitive to your ongoing pain and vulnerabilities that my lack of honesty has created. I need to face the current consequences of my past behaviors. This includes being patient with your healing process and lack of trust in me.

I want to restore trust not only by rigorously telling the truth, but by making it my responsibility to be proactive in an ongoing way, keeping you informed regarding my attitudes, feelings and behaviors, especially as they pertain to my recovery. I acknowledge that recovery from compulsive and addictive behaviors is a difficult and challenging process and that slips, lapses and relapses occur. In order to demonstrate accountability on my part, I will let you know of these struggles and setbacks in my recovery as soon as possible, with 24 hours being a reasonable time.

I make this agreement in spite of my fear of what you may think of me or any actions you may take as a result of my rigorous honesty. I will do this because it is the right thing to do if I am to demonstrate my ability to be in an honest, open, and authentic relationship with you going forward and begin to repair the damage from the past.

In return I would ask for your understanding of the recovery process and your patience as I practice these new behaviors. Whether you decide to reconcile with me or not, I would like the opportunity to make these repairs with the support of couples coaching. I will also be working towards a Formal, Full Disclosure to you in the near future when I have completed my First Step. I will keep you informed of my progress and be sensitive to your needs in the timing of this disclosure. After this Full Disclosure I will maintain this Trust and Respect Agreement as part of our ongoing healing and relationship recovery.

Sign Here: _____ Date: _____

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Partner:

For my part,

There has been a history of deception and denial on your part that has destroyed my trust and ability to feel any safety in my relationship with you. I agree that it is unlikely that you can understand the depth of the pain and sorrow this trauma has caused me. If it is true that you intend to address your denial, stop all deception, and pursue recovery from the compulsive and addictive behaviors, then I am willing to engage in a process with you that would give you an opportunity to practice rigorous honesty and authenticity with me going forward.

This does not obligate me in any way, but allows me to observe repairs being made if there is to be any hope of reconciliation or restoration of the relationship in the future. I need physical, mental, emotional, spiritual and financial safety first and foremost. I also need validation and ongoing sensitivity for the grief and pain that has resulted from the deception and betrayal, especially if promises have been repeatedly made and broken. I need you to recognize and accept that there are consequences to these past choices and behaviors that will require consistent openness and honesty over time to address and heal.

If you take full responsibility for communicating with me in a pro-active way regarding your attitudes, feelings and behaviors, especially as they pertain to your recovery, and commit to telling me the truth, I am willing to be more patient regarding the process of recovery and refrain from unhealthy or hyper-vigilant behaviors. I acknowledge that recovery is a difficult and challenging process and that struggles and setbacks do occur. To restore any feeling of safety, and begin to rebuild trust, I need to hear of these struggles, and what you are doing to address them, with 24 hours being a reasonable time.

The truth is far more important to me than any pain I may feel from what is disclosed.

When you practice rigorous honesty with me regarding your recovery, I will be entitled to whatever feelings I may have as a result of what you share. Rather than be shaming or punitive towards you, however, I agree to work through my feelings and reach out for support in my own recovery process. I will take whatever actions are appropriate or necessary for my safety at the time, but as much as it is possible, with healthy boundaries, I agree to continue working through the repairs with the support of couples coaching. I will need the Formal Full Disclosure as soon as possible when your First Step is completed. After the Full Disclosure I will expect this Trust and Respect Agreement to remain in place as part of our ongoing healing and relationship recovery.

Sign Here: _____ Date: _____