

Discussion Questions for Multifamily Groups

What are the components of a healthy relationship?

What are the signs of a toxic relationship?

What qualities are you looking for in a sponsor?

How can you develop new friendships/relationships in recovery?

How has your loved one enabled you in the past?

What do you wish your family knew about addiction?

What can you do to mend damaged relationships or rebuild trust?

Are you deserving of forgiveness?

What are specific ways your loved one can support you while in treatment?

What should your family/significant other do if they suspect you relapsed?

How is conflict handled in your family?

How does your family communicate?

What has been going well in your relationship(s)? What isn't going well?

How have your relationships changed since coming to treatment?

What's the difference between helping and enabling?

Is addiction a family disease? If so, how?

Who do you consider "family"?

What messages did you receive as a child?

What are some unspoken rules in your family?

What will you tell your children about your addiction?

Do you consider yourself the "black sheep" of the family? If so, what does that mean?

What does your support system look like?

What are some of your family's strengths and values?

How can a relationship with a higher power help you heal?

What are some unhealthy relational structures in your family?

What is codependency?

What would your relationship look like without addiction?

Do you believe you have to wait a year before you can be in a romantic relationship?

How do treatment relationships impact recovery?

Questions for Multifamily Guests (Loved Ones & Significant Others)

How has your family member/significant other changed since he/she entered treatment?

How has your family member/significant other manipulated you in the past?

What is it like seeing your family member/significant other high or intoxicated?

Have you enabled your family member/significant other? How?

What will it take for you to trust your loved one again?

What will you do if/when your loved one relapses?

How has your loved one's addiction impacted the family?

What boundaries/limits have you set with your loved one?

How do you cope with your loved one's addiction?

Do you have any suggestions for the other family members here?

What questions do you have about addiction or mental illness?

What was your loved one like before addiction?

If a relapse happened, what should each family member do?