

My People

Recovery does not happen alone. Neither does going backward. The people around you either add to your stability or pull from it. This isn't about cutting everyone off — it's about knowing clearly who you can lean on, who you can't, and what to do with both.

Part 1 — Sort Your People

Put names in each column. You don't have to explain your choices right now — just be honest with yourself.

SAFE This person supports my recovery. I can be honest with them. I feel better, not worse, after.	RISKY This person is connected to old patterns. Being around them makes recovery harder. I may need distance right now.	NEUTRAL This person isn't a threat, but they also aren't really in my corner. They're just... there.

Part 2 — Your Safe People: Go Deeper

Pick up to 3 people from your Safe column. Answer these questions for each one.

Name	What makes them safe?	How do I reach them when it's hard?

Part 3 — Risky People: Honest Planning

You may not be able to cut everyone out completely — family, school, neighborhood. But you can have a plan for what to do when you're around them.

The person I am most at risk around is:

Why they are risky for me:

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Situations where I can't avoid them:

What I will do if I'm around them and start to feel the pull:

Who I will call immediately if it gets bad:

Part 4 — Red Flags in a Friendship

Check any of these that describe someone in your life right now:

<ul style="list-style-type: none"> ■ They only reach out when they want something 	<ul style="list-style-type: none"> ■ Being around them makes me feel bad about myself
<ul style="list-style-type: none"> ■ They pressure me or make fun of me for trying to change 	<ul style="list-style-type: none"> ■ They are still using and don't want to talk about it
<ul style="list-style-type: none"> ■ They disappear when things are hard and show up when things are fun 	<ul style="list-style-type: none"> ■ I can't be honest with them without it being used against me
<ul style="list-style-type: none"> ■ I feel drained, not filled up, after spending time with them 	<ul style="list-style-type: none"> ■ They remind me of the worst version of me, not who I'm trying to be

You can love someone and still know they are not safe for your recovery right now. That is not betrayal. That is self-respect.