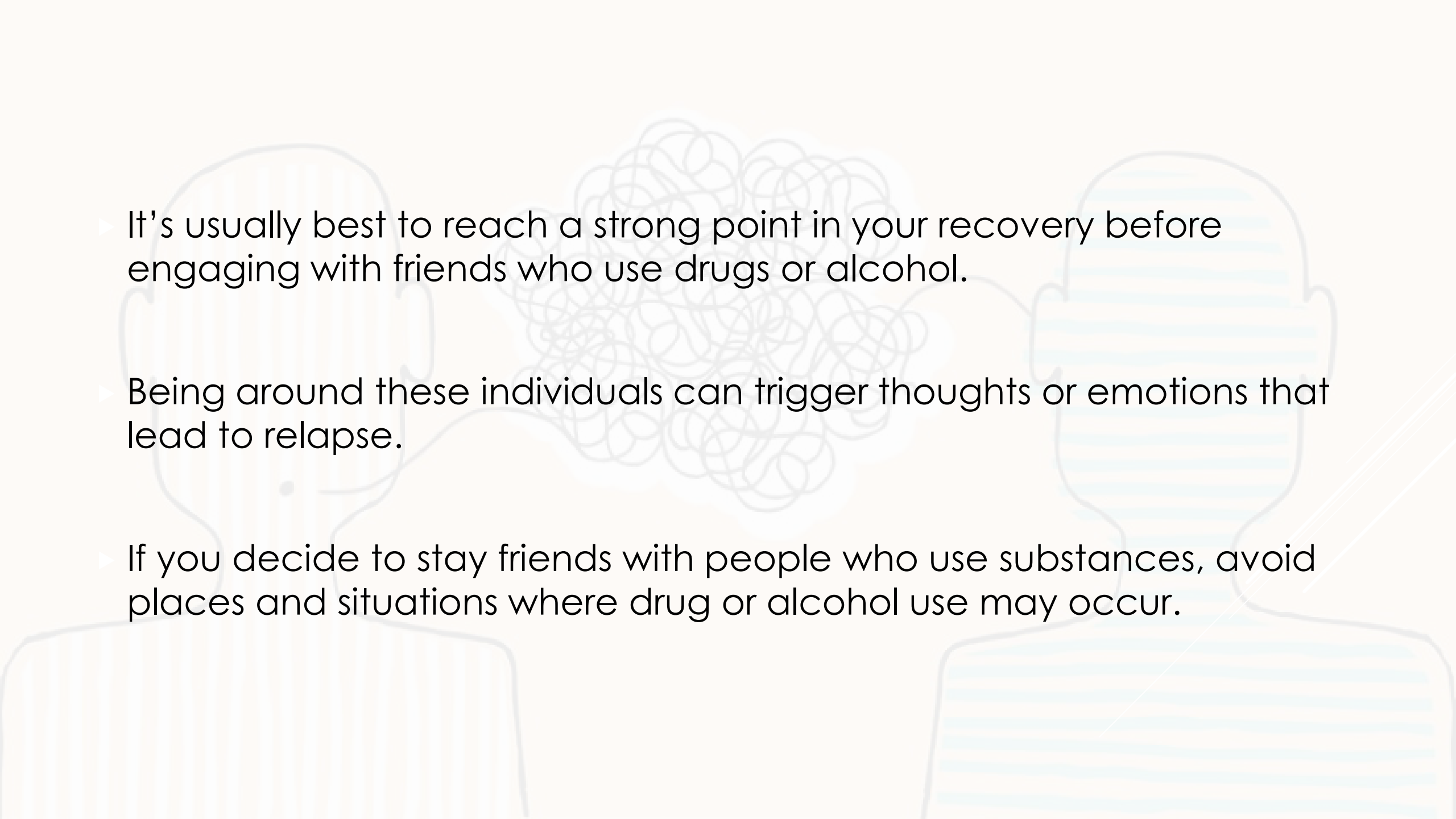


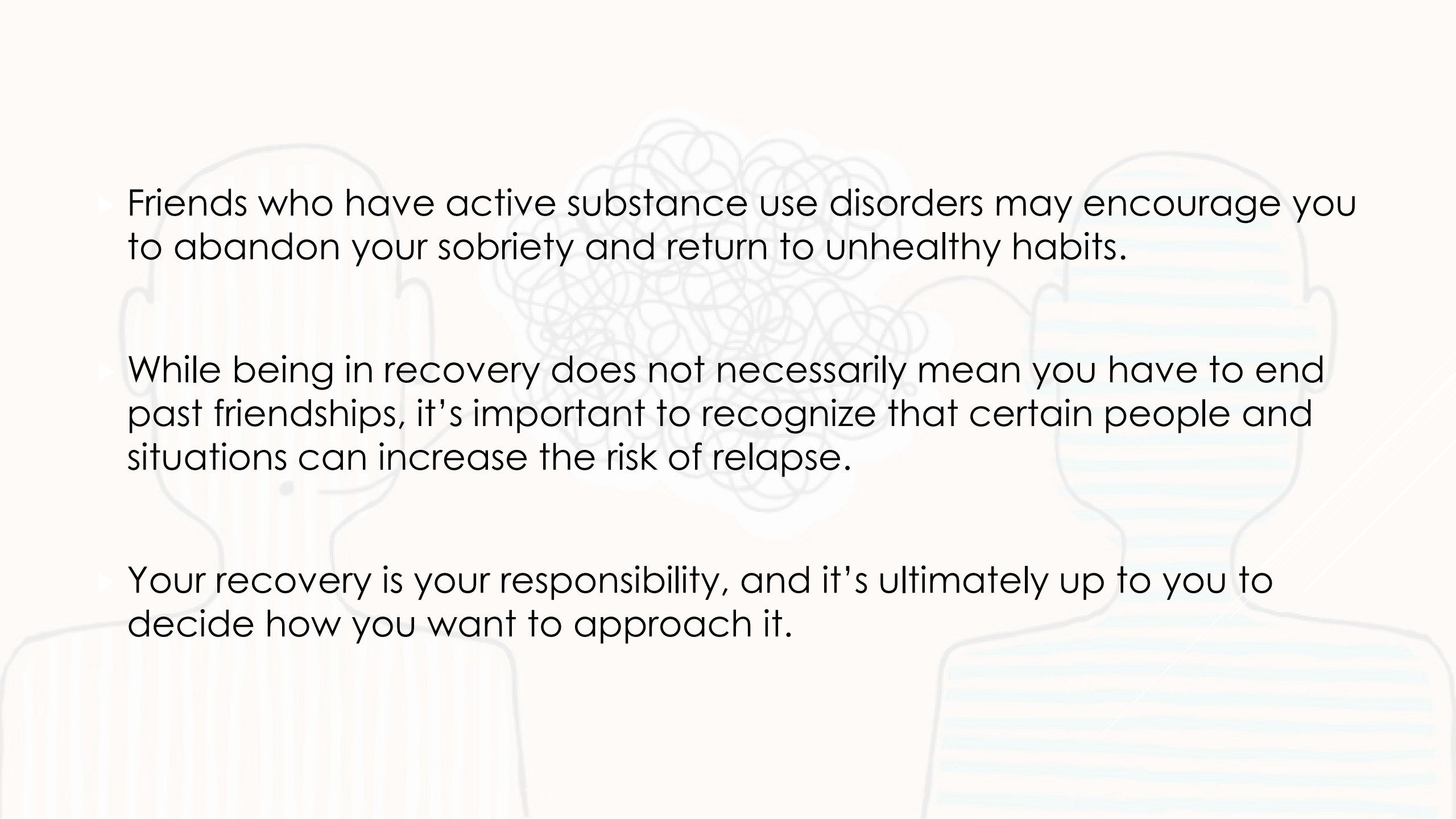


CUTTING TIES WITH THOSE  
THAT ENABLE YOU TO USE

- ▶ People in recovery must re-examine almost every aspect of their life, including the people they surround themselves with.
- ▶ It is crucial for those who are new to recovery to spend time with friends and acquaintances who reinforce their sobriety.
- ▶ Sometimes the best choice is to end friendships with those who put your recovery at risk.



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- An illustration of two stylized human figures in profile, facing each other as if in conversation. The figure on the left has a light blue background with vertical stripes, and the figure on the right has a light blue background with horizontal stripes. In the center, between their heads, is a brain depicted as a complex, tangled web of grey lines. The background is a light, neutral color with a subtle diagonal line pattern.
- ▶ It's usually best to reach a strong point in your recovery before engaging with friends who use drugs or alcohol.
  - ▶ Being around these individuals can trigger thoughts or emotions that lead to relapse.
  - ▶ If you decide to stay friends with people who use substances, avoid places and situations where drug or alcohol use may occur.

- 
- ▶ Friends who have active substance use disorders may encourage you to abandon your sobriety and return to unhealthy habits.
  - ▶ While being in recovery does not necessarily mean you have to end past friendships, it's important to recognize that certain people and situations can increase the risk of relapse.
  - ▶ Your recovery is your responsibility, and it's ultimately up to you to decide how you want to approach it.

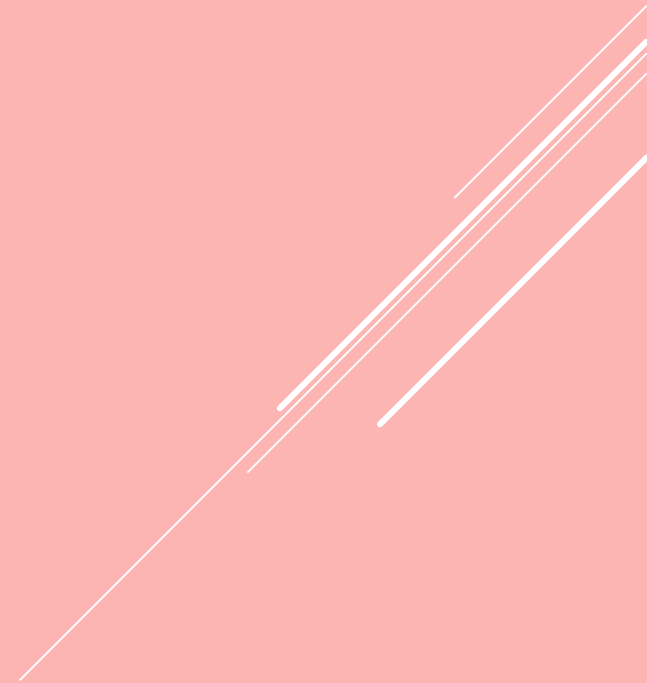


- ▶ When you realize you need to end a friendship for your own well-being, it can be difficult, awkward and even sad.
- ▶ You may not want to have the conversation even if you know you have to.
- ▶ The people you're cutting ties with may not understand why it is happening.
- ▶ They may think they have wronged you in some way.



## HOW TO END A FRIENDSHIP

TO MAKE THE SPLIT EASIER ON  
BOTH PARTIES, TRY THESE  
APPROACHES...



The background of the slide features faint, light-colored silhouettes of two people. On the left, a person is shown in profile, gesturing with their hand as if speaking. On the right, another person is shown from the back, listening. The overall aesthetic is clean and modern, with a light gray and white color palette.

## **Allow the friendship to run its course.**

- ▶ Gradually reducing your interactions with a person over time is the most peaceful and non-confrontational way to end a relationship.
- ▶ Eventually the relationship is phased out of both individuals' lives.

## **Avoid hostility.**

- ▶ The situation is already hard enough, and adding hostility will only complicate it.
- ▶ Be kind and understanding of your friend's feelings.

## **Be honest and direct.**

- ▶ If slowly phasing out the relationship is not an option, talk to the person directly.
- ▶ Be honest about the situation and explain why ending the friendship is for your own good.
- ▶ It may be hard to hear, but a good friend will understand your choice and support it.



SOMETIMES A PERSON'S NEGATIVE RESPONSE TO YOUR DECISION WILL PROVE THAT HE OR SHE WASN'T AS CLOSE OF A FRIEND AS YOU INITIALLY THOUGHT.

IT MAY BE CHALLENGING TO END RELATIONSHIPS, BUT MAINTAINING YOUR RECOVERY SHOULD BE YOUR NUMBER ONE PRIORITY IN LIFE AFTER SUBSTANCE ABUSE TREATMENT.

