

THE RECOVERY DESK

PREMIUM GUIDED WORKBOOK

When Trust Has Been Broken

A family workbook for responding to secrecy, uncertainty, and damaged trust without becoming a detective.

Five topic-specific chapters, worked examples, guided exercises, reusable planning pages and source notes.

PRACTICAL TOOLS FOR RECOVERY

Educational resource • Choose what fits • Seek professional support when needed

START HERE

How to use this resource

Choose one page that matches your circumstances. You can skip questions, take breaks, work privately, or invite a trusted support person. These exercises are for education and planning; they cannot diagnose, provide individualized treatment, or guarantee an outcome.

BEFORE YOU BEGIN

If there is an immediate medical or personal safety emergency, contact emergency services (911 in Canada). For suicide-crisis support in Canada, call or text 988. Withdrawal from some substances can require urgent medical care; ask a qualified professional rather than using a workbook to decide what is safe.

YOUR CHOICES

You may change your mind about an exercise, leave a question blank, and ask for assistance. Sharing personal experiences is optional; confidentiality cannot be guaranteed in group or shared living settings.

MAKE THE RESULT USABLE

At the end of each chapter, keep one specific next step: who, what, where, when, and your backup if the preferred option is unavailable.

CHAPTER 1 / 5

Separate observation from interpretation

Trust can be damaged by past experiences, but not every missed call or inconsistency is evidence of substance use. Write what you actually observed, how it affected you, and what information remains uncertain. Avoid searches, threats, and surveillance as a default response.

FICTIONAL EXAMPLE

Pat notices shared rent was not paid. Rather than claiming to know why, Pat asks about the unpaid bill and addresses the housing risk directly.

GUIDED REFLECTION

1. What happened that you can describe without interpretation?
2. What story are you telling yourself about it?
3. What immediate practical issue needs a response even without full certainty?

YOUR PRACTICAL NEXT STEP

Use a fact / meaning / need worksheet.

WORK IT THROUGH

Separate observation from interpretation

Keep answers specific to your circumstances. Write a few words, draw a plan, or discuss the prompts with a trusted person. You do not need to fill every line.

1 What happened that you can describe without interpretation?

2 What story are you telling yourself about it?

3 What immediate practical issue needs a response even without full certainty?

PRACTICE / TAKE-HOME ACTION

Use a fact / meaning / need worksheet.

My next action, who can help, and when I will review it

CHAPTER 2 / 5

Ask for repair you can observe

Trust may rebuild through consistent, voluntary behaviour over time; an apology alone may not settle practical concerns. Make requests about specific commitments, finances, or communication, not promises to reveal every private thought.

FICTIONAL EXAMPLE

Riley asks that shared expenses be paid by an agreed date and decides how to protect their own account if the agreement is not met.

GUIDED REFLECTION

1. Which specific commitment affects your wellbeing?
2. What would observable follow-through look like?
3. What part remains outside your control?

YOUR PRACTICAL NEXT STEP

Draft one realistic request and one self-protective action.