



## The SAFER Check-In

Regular Communication to Rebuild Trust

Addict	Partner
<u>S</u> obriety <i>"My sobriety date is..."</i>	<u>S</u> afety <i>"My safety level today is..."</i> (Provide a number between 0 and 10)
<u>A</u> ccountability <i>"I want to apologize for when..."</i>	<u>A</u> cknowledge <i>"I felt safest this week when..."</i>
<u>F</u> eelings <i>"This week, the emotions I felt most were..."</i>	<u>F</u> eelings <i>"This week, the emotions I felt most were..."</i>
<u>E</u> xpress <i>"I've been learning about myself..."</i>	<u>E</u> xpress <i>"I had the hardest time this week when..."</i>
<u>R</u> ecovery <i>"For my recovery, I have... and plan to..."</i>	<u>R</u> equests <i>"You can help me feel safer by..."</i>

### Instructions for Completing the SAFER Check-In

1. Set a designated weekly time and place for the check-in. Try to choose a time when you will be uninterrupted and not too tired.
2. Plan ahead for the check-in. Be prepared with what you are going to say. Preparation can greatly enhance the experience by making it more thoughtful and meaningful.
3. Decide whether the addict or partner will share first. The first person will share his or her complete check-in. Then the second person will share his or her complete check-in.
4. While each shares his or her check-in, the other should try to use the talking and listening boundaries if they respond.
5. Remember this process involves two traumatized people being vulnerable. Be gentle with yourselves and take a break before you come back to discuss any content in detail.