



# Building Healthy Relationships

- **Description:** A group dedicated to helping clients develop and maintain healthy relationships, focusing on communication, trust, and mutual respect.

- **Instructions:**

- **Introduction (10 minutes):** Discuss the characteristics of healthy relationships and why they are crucial in recovery.

- **Relationship Assessment (20 minutes):** Provide a questionnaire for clients to assess the health of their current relationships. Discuss common red flags and green flags in relationships.

- **Interactive Activity (30 minutes):** Use a "relationship jenga" game where each block has a question or prompt related to building healthy relationships. Clients pull a block and discuss the prompt with the group.

- **Role-Playing (25 minutes):** Conduct role-plays that focus on resolving conflicts, communicating needs, and setting boundaries in relationships.

- **Reflection (15 minutes):** Discuss the challenges of building healthy relationships and how clients can apply what they've learned in their own lives.

- **Facilitator Role:** Educate on healthy relationships, guide the assessment and interactive activity, and facilitate role-plays.

- **Client Role:** Assess their current relationships, engage in the interactive activity, and practice communication skills in role-play scenarios.