



The Remix Recovery Relationship Guide

The Center Dot

The dot in the center of the diagram represents you. You are the center of your own social network. If you are to be your most authentic self, you must maintain personal integrity, consistent in your social identity, rather than constantly changing who you are to please others.

The Square

The square represents the Four Walls that contain a brave space: vulnerability, receptivity, integrity, and responsibility. These are the values in a relationship that allow for intimacy that is both fulfilling and safe. Inside these walls is where you share relationships with people who demonstrate that they are as committed to cultivating a brave space with you as you are with them.

Ring #1—Inner Circle

The first ring represents your innermost circle. This is a space you share only with your closest and most trusted family, friends, and loved ones. The relationships inside the first ring are your most cherished. This space is reserved for people who inspire you to be the very best version of yourself and to face challenges and adversity with grace and courage. Their love and acceptance of you are unconditional. This is not to say that they tolerate bad behavior but that they love and accept you even when you make mistakes and are not at your best, and they encourage you to be better.

Ring #2—Single Domain

The second ring is also inside the square and therefore should only include people who are able to help you foster a brave space. What distinguishes the second ring from the first ring is that it is reserved for people with whom you share a brave space within only a single domain, such as work, school, a club, or a sports team, for example. These are very special relationships you have with people confined to a single setting. You not only enjoy their company, but you also trust them and their commitment to you and the relationship. However, it would be inappropriate, or at least awkward, to share the more intimate details of your life the way you might with someone inside the first ring.

Ring #3—Cautious Connections

The third ring is outside the square because the people who belong there haven't demonstrated that they can be trusted and are worthy of a more intimate relationship with you, at least not yet. However, the corners of the square are touching the third ring because it's for people who may be very capable of cultivating a brave space with you but either haven't done so consistently or simply haven't developed a trustworthy track record. This ring is for people who you may want to have a closer relationship with, but you need to proceed with caution because, at least for the time being, they don't share a brave space with you. Therefore, the possibility of getting hurt, betrayed, taken for granted, or taken advantage of is too high to risk being vulnerable.

Ring #4—Civil Detachment

This ring is for people who just can't be trusted to treat you with respect. Perhaps they have hurt you, betrayed you, or otherwise violated your boundaries in some unforgivable way. Maybe they tend to behave selfishly, inconsiderate of your feelings or needs. If you've reached the conclusion that they have nothing of value to offer you, and there is far too much at stake to risk your safety by giving them another chance to hurt you, cutting ties with them altogether is probably the best solution. However, if they are someone who is an integral part of your community, and you can't entirely avoid them, the best option is usually to practice Civil Detachment. This strategy simply involves politely ignoring the person. For example, you can be courteous when you see or interact with them without sharing anything personal or unnecessarily involving them in your life in any significant way. If you've truly decided that there is no point in attempting to maintain a relationship with them, it is important that you avoid doing anything that gives them an invitation to pursue one with you, or anything that will antagonize them into retaliating against you. In other words, you maintain your personal integrity by behaving with civility, but you don't allow this person to ever get close enough to hurt you again.