

# Healthy Relationships With People and Substances

Relationships are important components in the development of living a fulfilling life. Valentine's Day occurs in the month of February, causing a frenzy of purchases and planning between loved ones to show appreciation and love. Forming and maintaining healthy relationships is difficult but vital for those in recovery from drug and alcohol addiction. Healthy relationships are a factor in helping people maintain sobriety (Addiction Center). Bonds and companionship provide emotional support and are effective in increasing health and wellbeing. Emotional support decreases fears and helps people to thrive.

There is value in healthy relationships. Healthy relationships help decrease the chances of people struggling with addictions from engaging in toxic attachments that create feelings of frustration, stress, and conflict. Negative attachments can bring out the worst in people and create feelings that can lead to increased use of alcohol and substance misuse and abuse. Positive relationships encourage growth, comfort, and the creation of emotional bonds that provide feelings of joy and support. Open communication and commitment are two of the best ways to foster the ideal type of relationships most people strive for.

Common values to develop in healthy relationships include:

- honesty
- reciprocity
- effort
- respect
- safety & security
- laughter
- acceptance
- healthy boundaries
- unconditional love
- friendship
- non-judgmental

As the world celebrates love, it is important to do our part in the creation of positive partnerships, social circles, and healthy connections. Encourage the support and inspiration of those that may be silently vulnerable and struggling to feel safe.

## Resources:

- [Healthy Relationships](#)
- [Substance Abuse & Intimate Relationships](#)

For general questions about the FCPS Substance Abuse Prevention Program, please contact the Office of Student Safety & Wellness at: (571) 423-4270.

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