

KEYSTONE HABITS

Reclaiming Your Home

The Keystone Habits Blueprint for Families Navigating Addiction

This is your editable workbook.

Type directly into the fields below each worksheet, then save the PDF to keep your answers. Your responses stay in your own copy of this file.

IN A CRISIS, REACH OUT IMMEDIATELY

Emergency (US & Canada): 911

988 Suicide & Crisis Lifeline: 988

SAMHSA National Helpline: 1-800-662-4357

Welcome to the Huddle: The “Alone Phase” Ends Here

You are not the first family to walk this road, and you do not have to walk it alone.

If you are reading this, something in your home has changed. A loved one’s addiction has quietly rearranged your days, your finances, your sleep, and your sense of what is normal. You may feel exhausted, angry, frightened, or numb — sometimes all of those in a single afternoon. Take a breath. You are in the right place.

This blueprint is not a lecture and it is not a fairy tale. It is a practical field guide written for the people who are still standing in the house when the door slams — the partners, parents, siblings, and adult children who keep showing up. We call this book a “huddle” on purpose. A huddle is where a team regroups, catches its breath, and agrees on the next play before stepping back onto the field.

KEY INSIGHT

What the “Alone Phase” sounds like

“I can’t tell anyone.” “If I just try harder, I can fix this.” “No one understands my family.” These thoughts are normal — and they are exactly what keeps families stuck. Naming them is the first move out.

Over the next nineteen chapters you will learn three core principles, four practical pillars, and a set of interactive worksheets you can complete right here in this portal. You do not have to read it all today. Read a chapter, breathe, and come back. Your progress is saved on this device as you go.

You did not cause it, you cannot control it, and you cannot cure it — but you can absolutely change how you respond to it.

Scope of Support: Peer Coaching vs. Medical/Clinical Care

Understand exactly what this program is — and, just as importantly, what it is not.

Before we go any further, let's be completely transparent about what Keystone Habits offers. Clarity here protects you and helps you assemble the right team around your family.

IMPORTANT

Important: Read this carefully

Keystone Habits is a peer-led recovery coaching program whose coaches are certified through the CACCF (Canadian Addiction Counsellors Certification Federation). We are NOT a counseling service, a psychotherapy practice, or a medical facility. Coaching does not diagnose or treat medical or psychiatric conditions.

What peer recovery coaching IS

- Structured, forward-looking support focused on your goals and daily habits.
- Guidance from people with lived and certified experience supporting families.
- Accountability, skills practice, and a steady plan for your side of the situation.

What it is NOT

- It is not therapy, counseling, or psychotherapy.
- It is not medical care, detox, medication management, or a substitute for a physician.
- It is not crisis intervention — see Chapter 3 for when to call emergency services.

A strong recovery plan often includes several professionals working together: a physician, a licensed therapist or counselor, and a peer coach. Think of coaching as the part of the team that helps you practice new habits between everything else.

Safety First: Knowing When to Call Emergency Services Immediately

No habit, boundary, or conversation matters more than immediate physical safety.

SAFETY NOTICE

Safety & Emergency Protocol

If there is any immediate concern for physical safety, domestic abuse, self-harm, or overdose, do not wait — call emergency services (911) or your local crisis line immediately. Nothing in this book should ever delay that call.

Everything else in this blueprint assumes one thing: that everyone in the home is physically safe. When safety is in question, the plan changes instantly. Coaching pauses; emergency response takes over.

Call 911 (or your local emergency number) right away if you see:

- Signs of overdose: unresponsiveness, slowed or stopped breathing, blue-tinged lips or fingertips, gurgling or choking sounds.
- Any threat or act of violence toward you, a child, or themselves.
- Talk of, or a plan for, suicide or serious self-harm.
- Seizures, severe confusion, or dangerous withdrawal symptoms.

KEY INSIGHT

Prepare before you need it

Keep naloxone (Narcan) accessible if opioids may be involved, know your nearest emergency room, and save your local crisis line in your phone today. Preparation is not pessimism — it is love with a plan.

You are never overreacting by choosing safety. If you are unsure whether a situation is an emergency, treat it as one and call.

Core Principle 1: We Face the Facts (Ending Denial)

Recovery for the family begins the moment you stop negotiating with reality.

Denial is not stupidity — it is a survival reflex. When reality is too painful, the mind softens it: “It’s just a phase.” “Everyone drinks like that.” “Next time will be different.” Facing the facts means gently, deliberately setting those softeners down.

Denial tells you the fire is small so you don’t have to leave the building. Facing the facts is simply turning on the lights.

Three questions that cut through the fog

1. What have I seen with my own eyes in the last month — not what I was told, not what I hope?
2. What am I doing to keep the peace that I would be embarrassed to describe out loud?
3. If my closest friend described this exact situation to me, what would I tell them?

Facing the facts is not about blame or giving up hope. It is about standing on solid ground. You cannot build a single useful habit on top of a story you know isn’t true.

Core Principle 2: You Can Only Control Your Side of the Street

Your energy is finite. Spend it where it actually has power — on you.

Imagine a line drawn down the middle of a street. On one side is everything that belongs to your loved one: their choices, their recovery, their consequences, their timeline. On the other side is everything that belongs to you: your responses, your boundaries, your peace, your example.

REMEMBER

The freeing, frustrating truth

You cannot make another adult stop using. You cannot love them into recovery, argue them into it, or rescue them into it. You can only make your side of the street a clear, safe, consistent place to live.

This is not resignation — it is precision. Every hour you spend trying to manage their side is an hour stolen from the work that can actually change your household. When you tend your own side well, you often become the steadiest, most credible influence in their life. Not because you forced anything, but because you stopped adding chaos to chaos.

- Their side: whether they use, whether they go to treatment, whether they keep a promise.
- Your side: what you will and won't fund, how you speak, what you tolerate in your home, how you care for yourself.

Core Principle 3: Small Wins & The Power of Keystone Habits

One small, repeated habit can reorganize an entire household around stability.

A keystone is the wedge-shaped stone at the top of an arch — remove it and the arch collapses, but set it correctly and it holds enormous weight. A keystone habit works the same way: it is one small routine that quietly holds a much larger structure together.

You do not fix a home in addiction with one heroic conversation. You change it with small wins repeated until they become the new normal. A ten-minute morning walk, a consistent family dinner, a nightly two-line journal entry — these sound too small to matter. That is exactly why they work.

KEY INSIGHT

Why small wins beat big resolutions

Big resolutions depend on willpower, which collapses under stress. Small keystone habits depend on repetition, which builds under stress. In a chaotic home, repeatable beats impressive every time.

Don't try to change the whole house today. Change one hour, then protect it fiercely.

Understanding the Cycle of Enabling vs. Supporting

Love can look like two very different things. One protects; the other prolongs.

Enabling and supporting can look almost identical from the outside — both come from love. The difference is in the direction they push. Support moves a person toward responsibility. Enabling removes the natural consequences that would otherwise invite change.

Supporting sounds like

- “I’ll drive you to your appointment.”
- “I love you, and I won’t give you money.”
- “I’m here when you’re ready to talk about treatment.”

Enabling sounds like

- “I’ll call your boss and say you’re sick.”
- “One more time, but this is the last.” (said for the tenth time)
- “I’ll pay the fine so this doesn’t go on their record.”

IMPORTANT

A gentle self-check

Ask: “Am I protecting them from harm, or protecting them from the consequences of their own choices?” The first is support. The second, however loving it feels, usually buys the addiction more time.

This is not about becoming cold. It is about letting reality do the teaching you were never able to do by rescuing.

Pillar 1: Radical Reality — Assessing Your Household’s Current State

You cannot navigate from a map you refuse to read. Start with an honest audit.

Pillar 1 turns “facing the facts” into a concrete inventory. Radical Reality means writing down where things actually stand — across safety, finances, communication, and your own wellbeing — without flinching and without exaggerating.

The audit below is private. No one else has to see it. Its only job is to give you a clear baseline so you can measure real progress instead of guessing.

WORKSHEET

Household Reality Audit

Rate each area honestly from 0 (in crisis) to 10 (stable). This is your private baseline.

Physical safety in the home

0	1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Financial stability

0	1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Communication & conflict

0	1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

My own wellbeing & sleep

0	1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Children / others feeling secure

0	1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

What is the single hardest fact I need to face right now?

KEY INSIGHT

Come back to this monthly

Re-run this audit once a month. Progress in these households is rarely dramatic — it is a slow, steady climb. Seeing last month's numbers is often the proof you'll need on a hard day.

Pillar 2: Boundary Consistency — Defining Your Guardrails

A boundary is not a punishment. It is a clear statement of what you will do.

Most families set “boundaries” that are really requests: “Please stop using in the house.” A true boundary describes what you will do, not what you hope they will do. “If substances are used in the house, I will take the children to my sister’s for the night.” That is something you control.

REMEMBER

The boundary formula

“When [specific behavior] happens, I will [specific action I control].” Notice there is no demand in that sentence — only your own committed response.

Use the builder below to draft boundaries you can actually keep. A boundary you won’t enforce is worse than no boundary at all, because it teaches everyone that your words don’t mean anything.

WORKSHEET

Boundary Builder

Use the formula: “When [behavior] happens, I will [action I control].” Draft up to three boundaries you can actually keep.

Boundary 1 — When this behavior happens...

...I will (my action)

Boundary 2 — When this behavior happens...

...I will (my action)

Boundary 3 — When this behavior happens...

...I will (my action)

Holding Boundaries Safely: Prioritizing Household Security

Enforcing a boundary should never put you or your children at greater risk.

SAFETY NOTICE

Safety overrides every boundary

If enforcing a boundary could trigger violence or danger, safety comes first. Have an exit plan, a packed bag, and a safe destination ready before you hold a hard line. If you are ever in danger, call 911.

Boundaries create friction, and friction can escalate in volatile homes. That does not mean you abandon your guardrails — it means you enforce them strategically. Choose your timing, your location, and your backup.

A safety-first enforcement checklist

1. Know where you will go and who you will call before the moment arrives.
2. Keep essentials — keys, phone, medications, documents, a little cash — in one grab-and-go spot.
3. Enforce boundaries when the person is regulated, not mid-crisis, whenever possible.
4. Never physically block a doorway or confiscate substances if it could provoke violence — remove yourself instead.
5. Tell one trusted person your plan so you are not the only one who knows it.

Pillar 3: De-escalated Communication — Dismantling Arguments

You cannot reason with a dysregulated brain — but you can refuse to feed the fire.

Arguments in addicted households follow a script: a trigger, escalation, an explosion, and a fragile truce — then repeat. Pillar 3 is about calmly stepping out of that script instead of playing your assigned part.

Four moves that lower the temperature

- Lower your volume and slow your pace — people unconsciously match it.
- Validate the feeling without endorsing the behavior: “I can see you’re furious.”
- Use short “I” statements, not “you” accusations.
- Give yourself permission to pause: “I’m going to step outside for ten minutes.”

KEY INSIGHT

Disengaging is not losing

Walking away from a fight with someone who is intoxicated is not weakness — it is the single most powerful de-escalation tool you have. You are not required to attend every argument you’re invited to.

Scripting Guide: What to Say When Crisis Strikes

In a crisis, your prepared words become a life raft. Draft them before you need them.

When adrenaline is high, we reach for whatever is already loaded — old habits, old words. This chapter gives you ready-made scripts so that under pressure, you reach for something calm and clear instead.

Scripts to keep in your pocket

- Setting a limit: “I love you. I’m not going to argue about this. My answer is no.”
- Ending a spiral: “This isn’t a good time to talk. I’ll be ready when things are calm.”
- During intoxication: “I’m not discussing this right now. We’ll talk tomorrow when you’re sober.”
- Offering help: “I won’t do that for you, but I will help you get to treatment the moment you want it.”

IMPORTANT

Practice out loud

Say these sentences aloud a few times when you’re calm. Words you’ve rehearsed come out steadier than words you’re inventing in the middle of a storm.

Pillar 4: Decisive Action — Choosing Your “Next Right Choice”

You don’t need the whole staircase. You just need the next right step.

Families in crisis often freeze, waiting for certainty that never comes. Pillar 4 replaces the paralyzing question “How do I fix all of this?” with a smaller, answerable one: “What is my next right choice?”

You cannot see the whole path from here, and you don’t need to. You only need enough light for the next step.

A “next right choice” is small, within your control, and something you can do today. Use the tool below to turn a swirling worry into one concrete action.

WORKSHEET

Your Next Right Choice

What worry is swirling in my head right now?

Of that, what is actually on MY side of the street?

My next right choice, doable today:

Designing Your Family's First "Keystone Habit"

Pick one small, repeatable anchor and let it quietly reorganize your week.

Now we make it real. Your first keystone habit should be almost embarrassingly small — small enough that you can do it on your worst day. Its size is the point; consistency, not intensity, is what rebuilds trust and rhythm.

What makes a good keystone habit

- It's within your control (it doesn't require your loved one's cooperation).
- It takes ten minutes or less to start.
- It has a clear, consistent time or trigger.
- It gives you a small sense of order or calm.

WORKSHEET

Design Your Keystone Habit

My first keystone habit (keep it small):

When / what triggers it?

How will I know I did it?

Why does this habit matter to me?

Protecting Children, Siblings, and Home Safety

The youngest members of the household need stability they can count on — from you.

SAFETY NOTICE

If a child is in danger

If you believe a child is being harmed or is in immediate danger, contact emergency services or your local child protection agency right away. Protecting children is never a boundary to negotiate.

Children and siblings living with a loved one's addiction absorb far more than we hope. They may not understand the word "addiction," but they feel the unpredictability. Your steadiness becomes their safe harbor.

Ways to protect the young ones

- Keep routines — meals, bedtimes, school — as predictable as possible.
- Tell age-appropriate truth: "This isn't your fault, and it's not your job to fix."
- Give them a designated safe adult and a simple safety plan.
- Protect them from being messengers, referees, or caretakers in adult conflicts.

De-linking Your Peace from Their Recovery Milestones

If your calm rises and falls with their sobriety, you will never be steady.

It is natural to ride the roller coaster — elated on the good days, crushed on the bad. But tying your entire emotional state to someone else's recovery hands them control of your inner life and leaves you depleted for the long haul ahead.

REMEMBER

De-linking, not detaching

This isn't about caring less. It's about building a source of peace that doesn't depend on today's outcome — so you can love them for years without burning out in months.

Your keystone habits are the engine of this de-linking. Each one is a small, reliable source of stability that belongs to you and no one else — a floor beneath you that holds no matter what happens on their side of the street.

Navigating Relapse Without Losing Your Household's Progress

Relapse is often part of the story — it does not erase the chapters you've written.

A relapse can feel like everything just collapsed. It didn't. Your boundaries, your habits, and your household stability are yours — they don't reset because your loved one had a setback. The most important thing you can do is hold your side of the street steady.

When relapse happens

1. Check safety first — always (see Chapter 3).
2. Return to your boundaries; do not abandon them out of panic or guilt.
3. Resist the urge to lecture; a person in relapse rarely hears it.
4. Keep your own keystone habits running — this is when you need them most.
5. Reach out to your own support — a coach, a group, a trusted friend.

KEY INSIGHT

Progress is cumulative

The skills you've built don't vanish in a hard week. A relapse is a data point, not a verdict — on them or on you.

Behind-the-Scenes Action Plan: The Daily Family Routine

Stability is built in the ordinary hours. Here is a simple daily rhythm.

Grand plans fail; small routines endure. This chapter offers a lightweight daily rhythm you can adapt. The goal is not a perfect schedule — it is a predictable backbone that keeps the household steady even when emotions are not.

A simple daily backbone

- Morning: one keystone habit + a 60-second “today I control...” check-in.
- Midday: a two-minute breathing or grounding pause.
- Evening: a predictable shared moment (dinner, a walk, a bedtime routine for kids).
- Night: a two-line journal — one thing that went okay, one thing you’ll do tomorrow.

IMPORTANT

Adjust, don’t abandon

On chaotic days, shrink the routine — don’t drop it. Even a single kept habit tells your nervous system the ground is still there.

The Keystone Habits Family Agreement Worksheet

Put your principles, boundaries, and habits into one living agreement.

This is the capstone tool of the blueprint. The Family Agreement pulls everything together — your reality, your boundaries, your keystone habit, and your safety plan — into a single document you can revisit, revise, and share with the people you trust.

Fill it in below. It is saved on this device, and you can print or copy it whenever you like. Treat it as a living agreement, not a contract carved in stone.

WORKSHEET

Keystone Habits Family Agreement

Our family's guiding intention

What we will do to keep everyone safe

How we will support (not enable)

How I will protect my own peace

Signed (your name)

Date

Partnering with Certified CACCF Recovery Coaches: Next Steps

You've done the reading. Here's how to bring a certified coach onto your team.

Reading this blueprint is real work, and you've done it. The next step — for many families — is not to do more alone, but to add a certified peer recovery coach to your huddle. A coach helps you turn these pages into a plan tailored to your household.

What a private strategy session looks like

- A calm, confidential conversation about your household's current reality.
- Help prioritizing which pillar and which keystone habit to start with.
- A clear, safety-first plan for the next 30 days — on your side of the street.

KEY INSIGHT

Ready when you are

Booking a session is a step onto your own side of the street — a decisive, next-right choice. Use the button below to request a private recovery coaching strategy session with a CACCF-certified coach.

IMPORTANT

One more reminder

Coaching complements — it does not replace — medical or clinical care. If you are in crisis, please reach out to emergency services or a crisis line first.