

My Sober Care Family Commitment Card

Support Actions (Daily/Weekly)

- Today I supported my loved one by: _____
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- This week I encouraged healthy routines by:

Boundaries Kept

- One boundary I upheld: _____
- How it protected both of us: _____

Self-Care for Me

- One way I cared for myself today: _____
- My weekly reward for showing up as a supportive partner: _____

Reflection

- What I learned about support vs. enabling this week: _____

Signature of Commitment

- I commit to supporting with love, protecting with boundaries, and caring for myself.
- Signed: _____ Date: _____