

DO'S AND DON'TS

When loving an addict/alcoholic



DO: EDUCATE YOURSELF ABOUT ADDICTION

Research indicates that families who learn more about addiction as a disease, are more likely to have the tools needed to help their addict in a healthy way.

DON'T: NAG OR ARGUE

It doesn't work. Not only are you exhausting your energy getting nowhere while in this behavior, research indicates the addict/alcoholic is unable to rationalize while they are in the midst of their addiction.

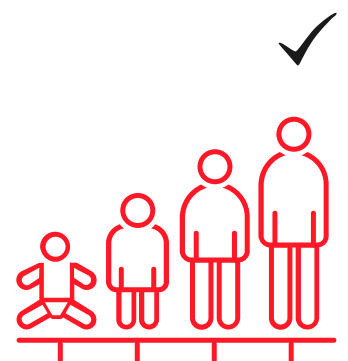


DO: LEARN AND REMEMBER THE 3 C'S OF ALANON

We can't Cause, Control or Cure Alcoholism/Addiction
You are not responsible for their addiction/relapse.
You can't Control their use
And there isn't a Cure. (but there is remission)

DON'T: FORGET HOW OLD THEY ACTUALLY ARE

Do not treat your addict/alcoholic like a child, instead treat them like any other individual suffering from a disease. Their symptoms may be child-like behavior, but they are more than capable of learning how to live fulfilling lives clean and sober if we give them the opportunity to show us.



DO: JOIN A FAMILY RECOVERY SUPPORT GROUP

It is important to talk to someone/others about what you're going through. You are not alone. Join a group such as Al-Anon, PAL (parents of addicted loved ones) or Codependents Anonymous.

DON'T: HESITATE TO ASK FOR HELP

It's important to reach out when you are feeling like you are at your wits end, feeling hopeless, frustrated, and exhausted. These feelings are to be expected when loving a person with addiction. Call Debbie at The Family Program for more information on what you can do to get the help you need.



FOR MORE INFORMATION CALL: 760-329-8391