



12 Tips for Surviving a Loved One's Addiction

1. Remember the 3Cs of dealing with a loved one's addiction: I didn't Cause it, I can't Control it, I can't Cure it.
2. Keep the focus on yourself, not the addict.
3. Take care of your physical, emotional and spiritual needs. Remember that you cannot give from an empty cup.
4. Remember that asserting your needs and boundaries is a necessity, not a luxury.
5. Get support. There are companion programs for every major addiction category. Al-Anon (www.al-anon.org) for families of alcoholics, Nar-Anon (www.nar-anon.org) for those suffering from a drug addiction of another, as well as others.
6. Maintain a sense of normalcy. Keep up with regular activities, hobbies, family affairs, etc. The addiction need not to take over your life.
7. Recovery is a process that effects the entire family. Listen to each other and show compassion for each person's individual feelings, changes, or obstacles.
8. Remember that the best thing you can do for your loved one is to love them through their process of recovery. Stand by them, be a loving witness to their journey, but give them space to do it on their own terms.
9. Remember that sometimes things get worse before they get better. Try to see the dark times as opportunities for growth.
10. Let go of any attempts to control the addiction or recovery. Don't manipulate, threaten, plead, rescue, or nag.
11. When fear and anxiety strike, use our Self-Care and Anxiety Relief Tools Printable to get your peace back <http://bit.ly/2cfza3N>
12. Remember that you are not alone in this and have faith that things can get better!