

# Loving Families for Growth and Change



Presented by Hope Works Counseling  
Sponsored by the KBIC Healing to  
Wellness Court.















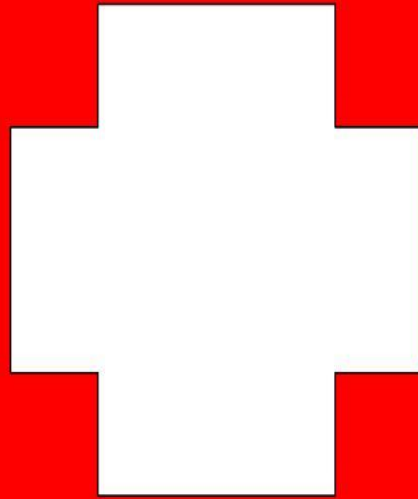
# Why do I need a TEAM



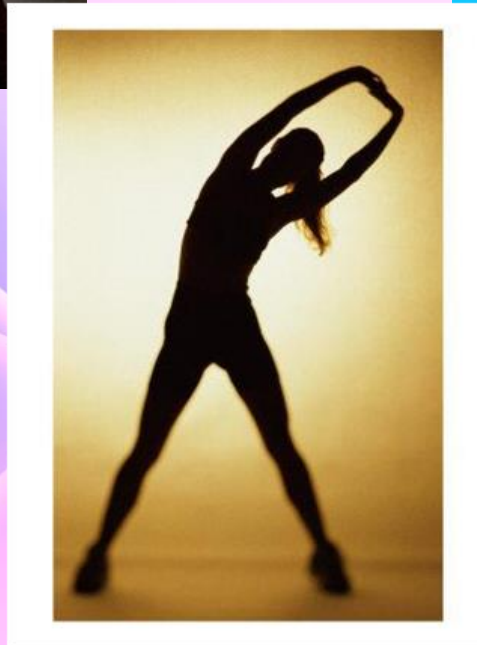
How has the current plan been working



# Lifeguard Training



You must be mentally,  
physically and emotionally  
prepared at all times to do your  
job



Don't become a victim yourself. It doesn't help anyone if someone has to rescue you.



# How do we know when to help



We want to help the love one not feed the  
parasite

What is the difference?

**Helping** - when you come to the aid of a person when they aren't able to do something for themselves.



Accountability vs. Honesty.

Helping an addict also consists of getting them to seek proper treatment/drug rehab to successfully work the steps to addiction recovery.

# Helping is NOT ENABLING...



Enabling-when you do things for a person when they can and should be doing them for themselves

It isn't always easy to recognize we are playing a role in supporting the addictive behavior



# The 3 C's of addiction recovery

**CAUSE**





Your didn't **CAUSE** it

-Addiction doesn't discriminate

-The addict started using and because they are addicted. They suffer from a sensitivity to the effects of substance, phenomenon of craving, and obsession of the mind

-Nothing you say or do will stop this reaction. The only change that can occur is from what you **STOP** doing.

# You can't CURE it

-Addicts remain addicts forever.

-Addicts have the choice of living in the problem or living in the solution. Just like you have a choice of being part of the problem or part of the solution.

-Treatment won't cause an addict to stay sober, control their emotional well-being and impulsivity, or cure disease and neither can you.

-Treatment provides a guide for person to live substance free if they follow it.

# You can't CONTROL it

- You can share your feelings, let them feel their consequences as deterrent, and support them seeking treatment.
- The decision to fully embrace treatment, recovery, and sobriety is one that only they can make.
- You must surrender to the fact you are powerless over their decisions and actions. You can't control them, that is Co-dependency, but you can control what your actions are.

When family, friends, and associates of addict allow them to continue the addiction and the behaviors, it is enabling.



Rescuing addict from the consequences of their addiction, is enabling.





**GOOD INTENTIONS**

bad results

# TOUGH LOVE



Is not attempting to force someone to change.

It is a personal commitment to **Yourself**





Don't Jump in without a PLAN



F = Figure out the problem.

I = Identify possible solutions.

N = Name the pros and cons for each solution.

D = Decide which solution is best, then act on it

**Helping** - when you come to the aid of a person when they aren't able to do something for themselves



When actively using the addict is not in control the drugs are in control. The only thing your love is doing is allowing yourself to be victimized by the disease and allowing the disease to have a stronger hold on your loved one.



# Hope Works Counseling

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