

The Disease of Addiction



When your loved one has the disease of addiction, think of recovery from this disease as an exciting new way of living.

Be responsible.

Practice setting healthy boundaries, ones that allow you to safely express your needs and limits clearly and respectfully. Follow through with what you say you will do. Nagging, pleading, preaching or lecturing your loved one may become one of the excuses or reasons he or she uses to justify continuing their destructive lifestyle.

You are not the victim.

It's important to remember you are not a victim of your chemically addicted person. If you do not like what is happening in your life, look to see what YOU need or can do differently.

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Establish boundaries.

Set limits and boundaries you are sure you can keep. Do not make idle threats.

Abstain from use.

For the addicted person, one use is too much and one thousand is never enough. Using with the chemically addicted person in the hopes of he or she using less will not decrease their use. Instead it may increase it, for they may think you condone their use by using them.

Utilize recovery tools.

The love of home and family is rarely enough for the addict to get and stay sober. They will need to devote as much or more time practicing their newly acquired recovery tools as she did using.

Practice patience.

Allowing for grace and growing can be very helpful while you and your family are going through recovery together. Remember what they say in the 12 step programs: “Progress not Perfection”. Be gentle with yourself, take time to nurture yourself, develop new friendships, take up a hobby and have fun.

Recovery takes time.

Relapse is sometimes a part of recovery. If relapse happens for either you or your loved one, get back on the recovery path as soon as you have noticed you have gone off track.

We can't control addiction.

Remember, we can't control addiction, we didn't cause addiction, and we can't cure addiction. Instead, we can contribute to addiction with our own behaviors.

Explore local support groups.

We recommend that you attend at least six Al-Anon meetings before deciding if Al-Anon is right for you.



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