

What to Know About Support Roles for Families in Addiction & Recovery



Welcome!

I'm happy to have you as part of our community and look forward to learning more about you.

If your loved has turned to drugs or alcohol, peace of mind can be challenging. The shame and guilt can feel overwhelming.

I know firsthand the pain that you may be feeling right now. If your life is spiraling out of control, reaching out for support can help restore balance. "Putting your oxygen mask on first" before you help your loved one is key. When you help yourself, you help your loved one.

Every situation is different. You have nothing to lose and a lot to gain by offering your help.

Remember you are not alone. Unfortunately, millions of other families are facing the same challenges. Three out of five families are affected by substance use in some way.

You may be feeling frustrated, angry, scared, and resentful that your loved has gone down this path. Substance use can create havoc within families. We were not trained on how to deal with substance use, so many don't know what to do.

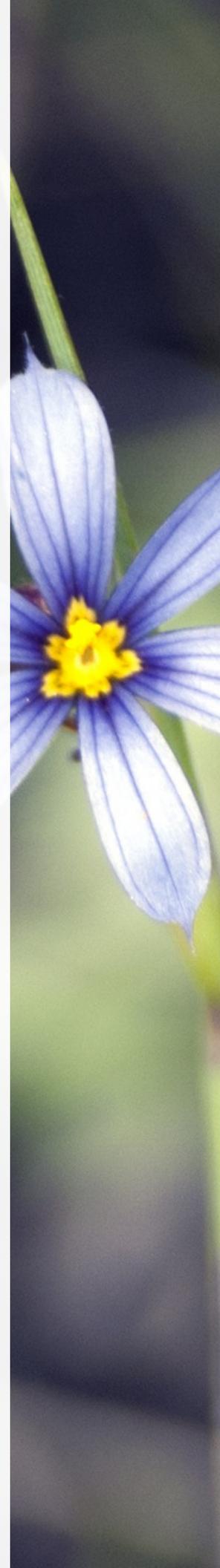
The first thing to remember is that you are not alone. This is an unfortunate fact. Yet, it does provide opportunities to learn from others and to receive support.

Realize as well that there are things that you can do as a support person to help your Loved one. You can influence your loved to help them make better choices.

We are often told to let go, detach, or allow our child to hit rock bottom. These approaches are actually not very helpful and can in fact be harmful. Leaning in rather than letting go is now thought to be more effective. Staying close is recommended so that you can communicate and help your loved one make positive changes.

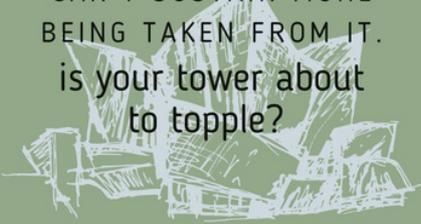
Here is what you need to know in your support role to start down the road to a healthier life with your loved one. These ideas can help you and your loved one get back on the path to living a full, meaningful life.

**With the right frame of mind you can help in your
loved one's recovery**



FAMILY SUPPORT ROLE:

WE ALL GET TO A POINT,
NO MATTER HOW STRONG
OUR BASE, WHERE THAT
TOWER IS TOO HEAVY AT
THE TOP AND THE BASE
CAN'T SUSTAIN MORE
BEING TAKEN FROM IT.
is your tower about
to topple?



Support roles are supportive. If your loved one does not feel supported by you, or they are not accepting your support, then your support role is temporarily inactive.

Active support roles are “supportive” to people in a way that they can accept and receive.

There are cases where nothing you do will work. The person is just not there or ready no matter what you do.

In most cases, however, family members and loved ones can refine their support roles to be more supportive to others.

Support is giving from a place of compassion and wisdom, with clear and good boundaries.

- Intentional support enhances connection, healing, and well-being within the family. Learn and develop your role and match your support to what they need. To maximize the effectiveness of support you will need to stop doing what is not working.
- Figure out what does work or help and set your boundaries within that mark. Do not provide support that is not wanted and will not be utilized.
- Be precise, clear, and transparent about what you can do as it pertains to what they want.
- Be mindful of your motivation behind what you say and do. Recognize your attachment to outcomes.
- Give what you give freely with love and with clear expectations attached. Support should not be attached to outcome.



Questions for Family & Supporters:

- What role do I play in the family?
- What effect does my presence have on each family member?
- How am I supporting my family?
- Not supporting them?

INTENTIONAL SUPPORT ENHANCES CONNECTION, HEALING AND WELLBEING IN THE FAMILY

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*COMPASSION DEMANDS
THAT WE HOLD THE SPACE
FOR OTHER'S CHALLENGES
WITH A WIDE OPEN HEART.
LET THEM DECIDE IF THEY
ARE EXACTLY WHERE THEY
ARE SUPPOSED TO BE. IT'S
NOT FOR US TO SAY.*

~JEFF BROWN

- Knowing your role is powerful, as well as learning what kind of support your loved one needs and wants so you can make your effort count.
- To maximize the effectiveness of support, you'll need to stop doing what is not working, figure out what does work and set your boundaries within that mark.
- Do not provide support that is not wanted; be precise, clear and transparent about what you can do.

Be mindful of your motivation behind what you say and do; recognize your attachment to outcomes:

- Support is not attached to an outcome (even if there is a desired outcome).
- Support does not take the actions of another personally.
- Support is giving from a place of love, compassion, empathy, wisdom and a healthy sense of self and boundaries.
- Support is knowing your boundaries and limit and sticking to those boundaries with your loved one.
- Support means many times putting your peace of mind and self-care first



Remember, you may have a responsibility to someone in your family, but you are not responsible for them.

Support means we can help but we do not rob others of their dignity by doing things they can do for themselves.

FAMILY SUPPORTER GUIDELINES

Remember to give what you give freely and with clear expectations attached.....

1. Compassion and Empathy:

- Put yourself in their shoes, understand and accept them

2. Alliance

- Same team, let go of the power struggle
- Trust and rapport, quality time, connect through shared values/vision

3. Autonomy

- Give them space to choose for themselves, learn their lessons, find their way
- The more pressure and force, the more relapses and setbacks
- Be along for the journey, allow them to come around on their own time

4. Empower

- Uplift them, encourage them, maintain optimism, get space when you cannot
- Solve problems with them, but do not do things for them that they can do
- Make sure they are carrying the full weight of the addiction burdens

9. Agreement

- Need : Identify what they need and want from your support
- Permission : Get their agreement to receive and utilize this specific support
- Offering/boundary : Clarify what you can give and not give (do not over-extend)
- Expectation : Let them know your expectation in return for the support
- Consequence : Clarify what happens if the agreement is not upheld

5. Value

- Add value that matches their needs, preferences, and goals
- Give what you can and make it count

6. Leverage

- Know and use your leverage wisely/appropriately
- Learn effective ways to use leverage, ineffective=threats/ultimatums

7. Filter

- Do not take their actions and traits personally
- See past their negativity and attitude to the message

8. Next move

- Focus on the next step, what can they/you do right now
- Stay present with them, out of the past and future

Intentional support enhances connection, healing, and well-being within the family.

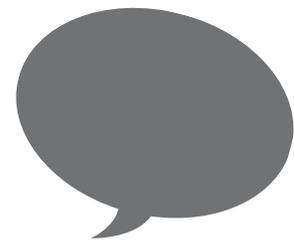
QUESTIONS TO ASK YOURSELF WHEN YOU ARE IN A SUPPORTER ROLE:

1. How am I taking care of myself first?
 - a. How do I take care of myself and my needs within my helping relationships?
 - b. What do I do for daily self care?
2. How am I leading by example?
3. Am I adding to the problem or the solution?
4. How can I improve my style of supporting others?
5. Are my supportive actions something I truly want to do, or am I doing them out of a sense of guilt or obligation?



DEFINING YOUR VOICE:

1. What is my intention and motivation behind supporting this person?
 - a. Am I clear in my intentions and expectations?
 - b. Do I truly believe the intention and motivation will serve and is possible?
2. What would be the most loving and compassionate response to this situation?
3. Have I set clear boundaries?
 - a. Am I doing for others what they should do for themselves?
 - b. Is this something my loved one can do or learn to do for his or herself?
4. Can I stand behind my actions?
5. Did I get lost in a problem today that was not mine to solve?
6. What is my action step?



Do's

- Believe in them (tell them this, express your understanding)
- Encourage them (talk them up, point out strengths)
- Listen to them (listen more than you talk, unless they are an over-talker)
- See the good (acknowledge progress, anything good, expect good)
- Empower them (grant them autonomy, create opportunities)

Don'ts

- Doubt them (assume the worst, expect bad things)
- Bring them down (guilt-trips, shaming, passive aggressive)
- Negate them (discredit their attempts and progress)
- See the bad (focus on the negatives, what is not happening)
- Control them (act like a superior, or aggravate the situation)
- Lose control (anger, yelling, aggression)
- Stigmatize them (name calling, predicting worse-case-scenarios)

ARE YOU READY TO GET YOUR LIFE BACK ON TRACK SO THAT IT DOESN'T JUST REVOLVE AROUND YOUR LOVED ONE WITH THE SUBSTANCE USE PROBLEM?



Are you interested in receiving support now?

A complimentary breakthrough session is a great place to get clarity around just how much your loved one's drug or alcohol problem is impacting you.

If you want to get your life back on track and help your loved one in a compassionate way, contact me to set up your breakthrough session so we can discuss options that will help you worry less and live a happier life.

APPLY FOR A BREAKTHROUGH SESSION

[HERE](#)

www.calgarywellbeing.com

