

**LIVING WITH AN ADDICT
TITUS 3:3 / 3-1-20 / A.M.**

I. FIRST, EXPECT DIFFICULTY.

- A. They will deny they have a problem.
- B. They may not want to change and even resent you for thinking they need to change.
- C. They may be embarrassed to even talk about it.
- D. They may fear losing their job, family or freedom.
- E. Some do's: build trust, be honest, respect them.
- F. Some don'ts: Don't threaten them, criticize them, or expect immediate change.

II. SECOND, GET EDUCATED ABOUT ADDICTION.

- A. Bad behavior doesn't mean bad person.
- B. They are sick and have an illness.
- C. Although there are several factors for becoming an addict like peer pressure and genetic predispositions, on some level, personal choice is always involved.
- D. Get help for yourself if needed—Al-Anon or Alateen.

III. THIRD, ESTABLISH TRUST.

- A. They need to know you care.
- B. It may be hard for you to want to build trust if they have destroyed your trust in them,
- C. They may suspect you want to control them.
- D. Trust destroyers include nagging, criticizing, lecturing, yelling and name calling.
- E. If you don't want to build trust with them then get help for yourself first.

IV. FOURTH, CONDUCT AN INTERVENTION.

- A. The purpose of an intervention is to counter their denial that they have a problem.
- B. The process involves joining forces with the people close to them.

- C. An intervention is not a confrontation.
- D. People read letters they've written explaining how addiction has affected them personally.
- E. Let them know you are going to set boundaries unless they get help.
- F. Explain you are ready to help them, but you will no longer enable them.
- G. Addicts rarely change until they experience consequences for their addiction.

V. FIFTH, FIND TREATMENT FOR YOUR ADDICT.

- A. Some treatments are free through state agencies while others require insurance or personal funding.
- B. Treatments vary in the types offered.
 - 1. Inpatient hospital or clinic.
 - 2. Residential programs
 - 3. Outpatient programs.
 - 4. Opioid treatment programs.
 - 5. Group programs like A.A., Al Anon, Alateen, Adult Children of Alcoholic programs.
- C. It takes a long time for treatment to be effective.
 - 1. It's not just about stopping substance abuse.
 - 2. It's about learning to cope without the substance.
 - 3. It's about developing skills to cope with relapse.