



GOING HOME | RECOVERY FOR THE FAMILY

1. Learn as much as you can about alcohol and other drug addiction and recovery principles. This can happen through family programming here at Tully Hill as well as, through Al-anon or Families Anonymous. Please ask for more information.
2. Learn recovery basics such as the 3 C's. I did not cause it, I cannot cure it and I cannot control it. This frees you to focus on your own wellness.
3. You cannot nor can anyone else make an addicted individual stop using or a newly recovering person start using again. Learn about the first 3 steps of recovery.
4. Bringing up the past is not helpful to you or your newly recovering family member. Address the past and your feelings with individuals other than your newly recovering family member until you can do so without excessive anger. Address feelings about the past in meetings, during family day, at support groups, during a family conference. e.g. I feel as though I have lost my ability to trust you.
5. Become part of the solution through abstinence from alcohol and other drugs yourself. Keep your home alcohol and other drug free; re-think family holidays and special occasions. Provide a safe secure environment for your newly recovering family member.
6. You are not responsible for your family members' recovery. You have to recover yourself by working your own program and talking about your own needs. Be a positive role model for change. Detach with love, let go of control and take care of yourself. Give your newly recovering family member the freedom to recover.
7. A newly recovering individual requires over involvement in twelve step programs such as AA and NA as well as, outpatient treatment. Sometimes this is needed for longer than you would like.
8. Should a relapse occur attend Al-anon and address relapse as a topic for input. Call your Al-anon or Families Anonymous sponsor, call Tully Hill. Do not React-- Respond.