ADDICTION

...Empowering and Restoring the Family

Presented by:

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THE “CAREER CYCLE” OF ADDICTION

HUSTLING

AVOIDING COPPING

CONSEQUENCES

GETTING HIGH
MYTHS OF ADDICTION

- **MYTH 1**: Overcoming addiction is a simply a matter of willpower. You can stop using drugs if you really want to.
  
  *FACT- Addiction alters the brain---[”soul-sickness”/ brain disease].

- **MYTH 2**: Addicts have to “hit rock bottom” before they can get better.
  
  *FACT- Recovery can begin at any point— *[“Raise The Bottom!”]*

- **MYTH 3**: You can’t force someone into treatment; they have to want help.
  
  *FACT- Treatment doesn’t have to be voluntary to be successful -*[Intervention!]*
Correct Responses; “Raising the Bottom”

- I will no longer make excuses for my addicted loved one.
- I will no longer rescue my addicted loved one from the consequences.
- I will no longer remove their pain.
- I will no longer make their decisions for them.
- In love, I will always tell them the truth about their addiction.
- I will no longer allow the rules/values of the home to be compromised.
Who Is Most Effected?

• **FAMILIES:** “The hidden victims”
  - Approx. **70%** of US families are effected by addiction
  - Over **50%** of all adults have a family history of alcoholism or problem drinking

“For almost every addict who is mired in this [addiction], a mother or father, a child or spouse, an aunt or uncles or grandparents, a brother or sister -- are suffering too. Families are the hidden victims of addiction, enduring enormous levels of stress and pain. They suffer sleepless nights, deep anxiety, and physical exhaustion brought on by worry and desperation. They lie awake for hours on end as fear for their loved one's safety crowds out any possibility of sleep. They live each day with a weight inside that drags them down. Unable to laugh or smile, they are sometimes filled with bottled-up anger or a constant sadness that keeps them on the verge of tears.”

— Beverly Conyers, *Addict In The Family: Stories of Loss, Hope, and Recovery*
The Addict’s Effect on The Family

- Blame you for their problems
- Manipulate (w/ guilt, anger, false promises, compliance)
- Borrow under false pretenses or steal cash from family members to purchase drugs
- Steal property from family members to trade or sell for drugs
- Lie to family members concerning whereabouts and associations
- Convince family members to help obtain drugs in order to “get well” or as a condition to “seek help”
Common Responses to Addict

- **STIGMATIZED**: Most often do nothing for fear of others opinions, views, and attitudes toward their addicted loved one---and their entire family!

- **FRUSTRATED/BAFFLED**: Try to correct the addict/addiction with greater embracing, sound logical advise, punishment, threatening, bargaining, pleading, etc.
How is the family *personally* affected?

- **Physically:** stress, fatigue, disrupted sleep
- **Emotionally:** depression, anger, mood swings, fear
- **Spiritually:** hopelessness, loneliness, helplessness
- **Relationally:** emotionally unavailable to others
- **Socially:** loss of interest in passions, hobbies, recreation
- **Vocationally:** ineffective, missing work, irregular hours

*Same as the addicted loved one!... Have *we* become addicted?...*
Most Common Response: ENABLING; “Over-protective?”

Def(s):
• Action that someone takes to protect the person with the problem from the consequences of his or her actions.

• Anything that stands in the way of persons experiencing the natural consequences of their own behavior.

Pain Motivates Change / Hard Reality Breaks Through Delusion and Denial:
When we rescue a loved one from the painful consequences of irresponsible decisions, we often block or slow down their motivation to change.

"Pain plants the flag of reality in the fortress of a rebel heart"
--Chuck Swindoll
Types of Enabling

-Making Excuses for addict: “it's just a phase...”
-Rescuing: bailing out of jail, paying bills
-Covering: calling employers, hiding truth from family and friends
-*Denying: “he/she is not so bad”
-Rationalizing: “at least we’re not as bad as...”
-Avoiding: “if I ignore it, it will go away”
DENIAL

Defined:

1) “a false system of beliefs that are not based on reality”

2) “a self-protecting behavior that keeps us from honestly facing the truth”
Unconditional Love -vs- Relationship Rules

• **Unconditional Love:** This is love and prayer for our loved ones no matter what choices they make. As we do not own, or take credit for, our loved ones’—or anyone’s—choices. There are no conditions/rules for my ability to love and pray for my loved ones.

• **Relationships:** Have Rules!...
  Trust, Honesty, Respect, Faithfulness,
  Keep Promises, No Secrets, etc...
ENABLING

THE QUESTIONS:

• The help you have been giving, is it actually helping?
• Is your loved one changing?
• Look at their actions—is there clear evidence of your loved one becoming a responsible person?
• Or is your loved one continuing down the path to destruction?
How To Change Enabling Behavior?

SEEK SUPPORT & PROFESSIONAL GUIDANCE

- Al-Anon
- CoDA
- Celebrate Recovery
- NA-Anon
- Church/Spiritual Advisors
- Private Counseling
- Treatment programs
Family struggling with addiction?  
Resistant loved one?

*FAMILY INTERVENTION*, via *family leverage*, is proven to provide the greatest level of success for motivating an addicted loved one to enter treatment.

*No more out-dated, “Hitting Rock-Bottom” thinking---allowing families and addicted loved ones to suffer in the addiction... “RAISE THE BOTTOM”!*

*An intervention is a success even if the addicted refuses to go to rehab, because at least the family has united to set a boundary. This means life will not be the same for the addicted, and a process has started that will commonly result in the addicted getting treatment ...and that is when the *total* family healing begins.*