



Tips for dealing with early recovery:

1. Get educated about addiction. The better you understand the disease, the more realistic you can be in your expectations.
2. Accept that maintaining sobriety is the addict's number one priority. Other goals and responsibilities will be addressed in time.
3. Don't have alcohol or drugs in the house. Don't drink in front of the addict in early recovery
4. Don't try to manage the recovery.
5. Accept that the journey may be long and bumpy.

Supporting yourself:

1. Make your own well being your top priority.
2. Seek out mutual support such as Alanon or Families Anonymous.
3. Establish limits.
4. Cultivate hope.
5. Avoid unrealistic expectations. Don't look for perfection and don't expect too much too soon.

Tips for dealing with the physical and psychological challenges of early recovery:

1. Respect the struggle. Your loved one has entered a period of intense physical and emotional upheaval. Acknowledge the challenges.
2. Encourage your loved one to take care of her physical health. –but avoid nagging.
3. Do not blame or shame.
4. Accept your loved one for where he or she is now in their journey. Recognize that sometime the path is long.

Supporting Yourself:

1. Get professional support. Working through difficult emotions is faster and easier with help.
2. Take care of your health. Stress can negatively impact your physical well-being. Do what you need to do to stay healthy.
3. Cultivate forgiveness.
4. Let go of what might have been. Regret is an energy drainer. Only through acceptance can things begin to change.

Tips for dealing with the social and spiritual challenges of early recovery:

1. Be willing to do the legwork.
2. Accept that your loved one has been changed by addiction and accept that healing will take a long time.
3. Recognize your loved ones strengths.
4. Encourage activities that promote social and spiritual growth.
5. Be patient!

Supporting Yourself:

1. Make time for yourself. Do things that bring you pleasure.
2. Strengthen your relationship with others.
3. Cultivate gratitude. Don't focus on what you have missed out on; take time to appreciate what is good in your life.
4. Develop your spirituality.

Tips for dealing with a slip or relapse:

1. Acknowledge reality. If you suspect that a slip or relapse is about to happen, don't ignore it. Give your loved one a chance to talk about it. Ignoring a potential problem will not make it go away.
2. Allow your loved one to make recovery his number one priority. Allow him to develop the support he needs.
3. Avoid shame or blame. Guilt and shame are some of the biggest obstacles for recovery.
4. Encourage your loved one to get help.

Support for Yourself:

1. Be prepared for relapse. You can't live in a constant state of fear but recognize that relapse sometimes happen. Avoid getting your hopes up too high to soon
2. Don't lose your hard earned serenity. Keep your focus on maintaining your personal well being.
3. Get support.
4. Remember to set boundaries, don't enable, and detach emotionally as much as possible.
5. Have a relapse action plan put into place.

*excerpts take from the book Everything Changes-Help for Families of Newly Recovering Addicts available in the bookstore now.