



HOW TO HELP A LOVED ONE BEAT ADDICTION

CHECKLIST



At some point, everyone stuck in addiction needs extra incentive to stand up, take responsibility, and better their lives.

It's never easy...but there ARE ways you can help a loved one overcome addiction and get the help they need. **Let's get started now:**

1



Connect Them With The Pain

- **Let them know specifically** how it's affecting your life, emotionally, physically, practically, financially, spiritually, and the impact on your relationship together. Give examples.
- Hesitating? "How are you going to feel in 3 months time, when you're still using/drinking, and you look back, realising you had the opportunity to fix it now? You have the opportunity to do something NOW..."

- "How do you see things improving if you don't get help now? How chaotic will life feel 3 months from now? In 6 months? A year?"



2



Let Them Know – Support IS Available

Compile a shortlist of supports that you could help co-ordinate for your loved one, to tackle **the REAL underlying issues behind the addiction**. Be creative, e.g.

- **I2Is with a personal sponsor**
- Local voluntary counselling (e.g. religious or charity organisations)
- Private CBT or addiction counselling
- **Local I2 step meetings & events**
- Rehab aftercare meetings
- **Other peers in recovery locally**
- Public healthcare counselling
- **Family-group-funded rehab**

3



Inject Consequences

- **Explain your consequences of them not getting help right now** - what penalties will you impose? What will you withdraw or cease? Be explicit. Set a time limit. It's a case of cruel to be kind here.

- e.g. "If you don't get help before (date), I will no longer... financially support you/be in a relationship with you/help with .../etc"

- **P.S. Make sure you do follow through on your word!...or future promises will be meaningless.**

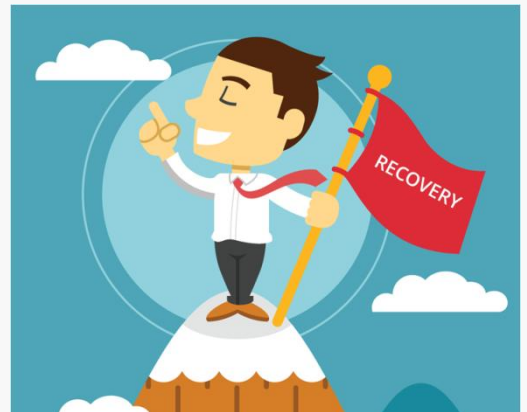


4



Connect Them With The Benefits

- "How would you like to be settled in a clinic and begun detox tonight?" (it can happen that fast!)
- "How will life feel brighter when you're seeing the faces of others around you in recovery, listening to their help, and feeling part of supportive community?"
- "How proud will you feel, looking back in 3 months time, knowing you took the responsibility you needed to take? How proud will your family be?"



Last Step



5



Make It Easy To Get Help

- **Overwhelmed? Ask them to try just two methods of support in the first week**, then add another one each week.
- Concerned about costs of private treatment? Look at finance options or smaller, rural clinics. Ask about reduced length stays.
- Worried about revealing themselves at 12 step meetings? Connect with the AA helpline beforehand, and get free one to one help.



TIME TO GET PROFESSIONAL HELP?

1

Call Us Direct:
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2

Email:

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3

Chat Live:

[Abbeycarefoundation.com](https://www.abbeycarefoundation.com)

