



INTERVENTION WEBINAR

 Starting Soon



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Family First Intervention

Mike has an extensive history of helping families treat addiction. He is an authority in addiction treatment and remains dedicated to providing hands-on expertise at our clinic.

Family Boundaries and Addiction

Why are boundaries so important?

- Boundaries are essential for people to have to protect themselves. When an addict or alcoholic is involved, boundaries are crucial to protect the family from enabling and allowing the substance user to feel the consequences of their actions while holding them accountable.
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Why are boundaries so important?

- People often operate in a comfort zone of routine. It becomes expected when a family member allows the substance user to continue taking advantage of them. Families who enable and do not use boundaries build the substance user's sense of entitlement.
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Why are boundaries so important?

- At first, the addict or alcoholic tests the boundaries. Once they realize they are weak and can be broken with manipulation, or there are simply none, the substance user continues to return and takes over. The longer this continues, the more entitled the substance user becomes, making it harder for a family member to set healthy boundaries.
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Why are boundaries so important?

- The family members often become overwhelmed and overpowered, making them afraid to do or say anything different for fear of making the substance user mad or pushing them over the edge.
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Why are boundaries so important?

- Boundaries and consequences for addiction are also essential to help the substance user move through the stages of change. For an addict or alcoholic to move from the second stage of change, the contemplation stage, they must see the need for change before moving to the following stages.
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Why are boundaries so important?

- The second stage of addiction requires something called ambivalence. Ambivalence is being able to see both sides of something. In the case of addiction, as long as the substance user sees less need to change and more reasons not to, they will most likely stay in their destructive patterns.
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Why are boundaries so important?

- A substance user can see the need for change by seeing the harmful effects of their substance use and behaviors. An addict or alcoholic seldom sees this need for change if they are comfortable with little to no accountability while surrounded by others with weak, very few, or no boundaries.
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Who needs to set boundaries?

- Those who need to set boundaries with addicts and alcoholics are anyone who could be potentially affected by the addiction or who may enable or comfort the addiction. Boundaries should also apply to recovering addicts and alcoholics too. One of the families' most significant mistakes is letting their guard down too soon.
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Who needs to set boundaries?

- It is common for families to call us wanting everything to change, and the minute their loved one enters treatment, they forget why they called us and what has happened. This occurs even more after treatment. Families often believe the substance user is now well simply because they entered or completed a treatment program.
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Who needs to set boundaries?

- As part of Family First Interventions S.A.F.E.™ Family Recovery Coaching, we keep families engaged during their loved one's treatment stay and after they have completed treatment. Families often let their guard down more than at any other time regarding the discharge plan.
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Who needs to set boundaries?

- Families can respect the discharge plan and do not have to agree with it. For example, you have a young adult living in your home, and the clinician at the facility believe they can return to your home after treatment. The family can say no to this and set a boundary by telling their loved ones and the clinician that they will support a sober living house until they find a job and can support themselves.
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Who needs to set boundaries?

- Recovering addicts and alcoholics often have relapse prevention plans. These plans include warning signs, triggers, and an action plan of what to do in the event of a relapse. Families should also have a relapse prevention plan to benefit the substance user and themselves.
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What are the 4 components of addiction?

- **Impaired Control** – Unable to control the amount and frequency of use; Use more often and in more quantities than intended.
 - **Social Problems** – Prioritizing alcohol or drug use over relationships and responsibilities; Neglecting family and children; No longer engaging in hobbies or activities that were once enjoyed; Procrastination, excuses, lack of motivation, and the inability to perform work or school responsibilities.
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What are the 4 components of addiction?

- **Risky Use** – Using drugs or alcohol despite the possible problems or consequences; These consequences can be legal, medical, social, financial, etc.
 - **Physical Dependence** – Building a higher tolerance and requiring more drugs or alcohol to achieve the same effects; Needing substances in the morning to feel normal, often referred to as a straightener; Feeling the effects of withdrawal as the result of not having enough or the substance they are dependent on.
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What is a boundary in recovery?

- Boundaries are a way of drawing a line you will not cross under any circumstances. No matter how hard the substance user fights to break the family's boundaries, it is essential to have a plan on how to react and respond. For the substance user, boundaries in recovery help hold them accountable to themselves and their program to prevent a possible relapse.
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What is a boundary in recovery?

- Boundaries in recovery can be learned both in the substance user's recovery plan and the family's recovery plan. Families must remember that when a substance user enters treatment, the family should too. Family recovery can be with therapists and their sponsors while attending self-help groups such as Al-Anon and A.C.O.A. meetings.
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What is a boundary in recovery?

- Boundaries in recovery should be set for both the substance user and the family of the substance user. So much emphasis goes on the family, setting boundaries for the substance user. It is just as crucial that the recovering substance user also set boundaries with toxic family members who are not in recovery.
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What is a boundary in recovery?

- It is not uncommon for the substance user to get well and for the family to stay the same. When this happens, the unhealthy family can indirectly pull the substance user back into their addiction. For this reason, the addict or alcoholic must have boundaries to protect themselves from returning to a dysfunctional family system.
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What is a boundary in recovery?

- Unhealthy family members often indirectly sabotage their loved one's recovery, fueled by codependency, the fear of no longer having a purpose of being the substance user's caretaker, and the fear of no longer being needed in the substance user's life because they are now getting better on their own.
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5 Examples of Healthy Boundaries

Healthy boundaries for a family member to have for an addict or alcoholic are essential for two significant reasons:

1. To hold the substance user accountable and for them to feel the consequences
 2. To take your life back and no longer help them avoid accountability and consequences
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5 Examples of Healthy Boundaries

Examples of family boundaries for an addict or alcoholic:

- No longer allowing them to live in your home
 - No longer providing them money or other financial resources
 - No longer letting them be alone with children
 - No longer allowing them at family functions
 - No longer taking their phone calls unless it is to say they are ready for help.
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5 Examples of Healthy Boundaries

Healthy boundaries for an addict or alcoholic to have for family members are essential for two significant reasons:

1. To distance themselves from toxic family members who do not engage in their own recovery and, as a result, pull the substance user away from their recovery and back into the chaotic family system.
 2. To allow the family members time to heal and address their role in the addiction.
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5 Examples of Healthy Boundaries

Examples of an addict or alcoholic's boundaries for their family:

- Not letting the family pull you back into the chaotic, dysfunctional family system that exists as a result of the addiction
 - Not engage with family members until they enter recovery
 - No longer letting the family dictate or discourage your recovery, such as going to meetings, etc. (Example: prioritizing their need for you over your need to go to a meeting)
 - No longer be around toxic family members
 - Not letting family continue to throw the past in your face (It is acceptable to a point, and after a while, the substance user can set a boundary on that)
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Stop Accepting Excuses and Start Getting Help

Questions? The Floor Is Yours!

Prefer to talk in private? Get in touch below.

Call Us: 1 (888) 291-8514

Chat with us: family-intervention.com
