

INTERVENTION WEBINAR

**How to Detach From An
Addict or Alcoholic and Still
Love Them Without Enabling**

 Starting Soon



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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.

How to Detach From An Addict or Alcoholic and Still Love Them Without Enabling

What is Enabling?



- **Definition of Enabling**
 - **Understanding Why People Enable**
 - Emotional Comfort for the Enabler
 - Fear of Letting Go
 - Need to Feel Needed in the Relationship
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What is Enabling? (Cont.d)

- **Common Enabling Behaviors**
 - Ignoring Dangerous Behaviors
 - Providing Financial and Emotional Support
 - Lying to Cover for the Addict
 - Prioritizing the Addict's Needs Over Your Own
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What is Detachment?

- **Definition of Detachment**
 - **Detachment vs. Enabling**
 - **Learning to Stop Reacting to the Addict**
 - **Loving the Person but Not Their Addiction**
 - **Examples of Healthy Detachment**
 - Not Creating or Preventing a Crisis
 - Holding the Addict Accountable
 - Avoiding Emotional Codependency
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The Psychology Behind Enabling

- **Why Enablers Continue Despite Knowing the Harm**
 - **Emotional Benefits Enablers Receive**
 - **Facing the Fear of Losing Purpose or Control**
 - **The Role of Family Dynamics in Enabling Behavior**
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How to Stop Enabling



- **Steps to Recognize and Break Enabling Patterns**
 - Asking Yourself Why You Are Enabling
 - Understanding What You Are Gaining from Enabling
 - Confronting Family System Dynamics
 - **Overcoming the Fear of Letting Go**
 - Addressing Concerns About Confrontation
 - Breaking Free from the Caretaker Role
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How to Support Without Enabling

- **Setting Healthy Boundaries**
 - Communicating Love Without Supporting Addiction
 - Offering Professional Help and Resources
 - Setting Boundaries That Prioritize Your Well-Being
 - **Learning Effective Communication Skills**
 - Saying No and Sticking to It
 - Encouraging Responsibility in the Addict
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How to Support Without Enabling (Cont.d)

- **Engaging in Self-Care for Yourself**
 - Rediscovering Your Own Interests and Needs
 - Focusing on Personal Growth and Health
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The Role of Family Therapy and Support Groups

- Importance of Family Recovery in the Healing Process
 - Attending Family Therapy and Self-Help Groups (Al-Anon, ACOA)
 - Engaging in Professional Intervention Support
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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
