

# INTERVENTION WEBINAR

## How to Handle Manipulation from an Addict or Alcoholic



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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.

 Starting Soon

# How to Handle Manipulation from an Addict or Alcoholic

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# Why Addicts Manipulate

- Addicts manipulate to maintain addiction and avoid consequences.
  - Manipulation stems from distorted perceptions of reality.
  - Common motives: Get what they want, punish others, stay comfortable.
  - Often instinctive, not always intentional.
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# The Four Building Blocks of Manipulation

- **Guilt:** “If I die, it’s your fault.”
  - **Hope:** “I’ll change tomorrow if you help me.”
  - **Fear:** “You’re letting me get hurt.”
  - **Victim:** “Everyone else is the problem, not me.”
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# Guilt and Shame Tactics

- **Guilt:** Makes family feel responsible for addict's problems.
  - **Shame:** Implies family is a bad person for not helping.
  - **Example:** "You don't love me anymore."
  - Hurting addicts hurt others to deflect their pain.
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# Selling Hope and Fear



- **Hope:** Temporary behavior changes to gain trust.
  - **Fear:** Threats of harm or loss if not helped.
  - **Example:** “I’ll go to rehab tomorrow” or “You’ll never see me again.”
  - Families cling to hope, fear the unknown.
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# Isolation and Silent Treatment



- **Isolation:** Addict withdraws to avoid scrutiny or gain sympathy.
  - **Silent treatment:** Punishes family, creates discomfort.
  - **Goal:** Shift focus, manipulate emotions.
  - **Example:** Going silent to make family chase them.
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# Blame Shifting and Dependency



- **Blame shifting:** Addict avoids accountability, points to others.
  - **Dependency:** Addict relies on family; family becomes codependent.
  - **Example:** “I wouldn’t use if you helped me.”
  - Breaks cycle by setting boundaries.
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# Why Families Enable

- Fear of change or harm to the addict.
  - **Codependency:** Family gains purpose from enabling.
  - Belief that enabling controls the addict's outcome.
  - Enabling teaches addicts manipulation works.
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# Recognizing Lies and Coping

- Addicts lie to protect addiction, often believing their story.
  - **Signs:** Defensive reactions, inconsistent stories.
  - **Coping:** Focus on family recovery, not decoding lies.
  - **Trust instincts:** If it feels wrong, it probably is.
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# The Power of Professional Intervention



- Interventions stop enabling, set boundaries.
  - Third-party professionals see the bigger picture.
  - Family First's S.A.F.E.® Intervention & Family Recovery Coaching.
  - Both addict and family need recovery for best outcomes.
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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](https://family-intervention.com)

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