



INTERVENTION WEBINAR

What is Detachment and How Does it Impact Families with Addiction?

 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.

What is Detachment and How Does it Impact Families with Addiction?

Most people are unaware they aren't enabling their loved one to help them; **they are enabling their loved one for themselves. Enabling is not about what it is providing the other person,** it is about what comfort it brings you when you provide comfort to another person.

What is Enabling?



Enabling, in its general definition, is providing someone with the ability or resources to do something. The question is, what is behind someone providing this comfort and allowing another to operate with impunity and entitlement?

When you enable, you are making it all about you as the enabler by:

- Taking away loving resources and attention from others who love and need you
 - Providing all of your attention to just one person causes others to become resentful of you, and the one being enabled
 - Disabling the enabled party from doing something different
 - Preventing them from moving through the stage of change and ultimately seeking help
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Common Enabling Behaviors



- Ignoring dangerous behaviors and excessive drinking and drug use
- Providing housing, vehicles, attorneys, financial resources, etc.
- Lying or making excuses to cover for an addict's behavior
- Resenting your family member or loved one for their addiction
- Prioritizing an addict's needs while ignoring your own
- Acting out of fear rather than doing what you know is correct

Enablers continue this behavior even when they know the obvious; they are harming their loved one.

What is Detachment?



Detachment is learning how to stop your reactivity to the addict. One of the biggest challenges comes after the intervention and when the addict has accepted help and enters treatment.

Many would think it is more difficult for the family when they refuse help, and sadly this is not the case. The reactivity and inability to detach when we remove the substance user from the family system are astonishing. **Families have become addicted to the routine, the chaos, and the insanity.** When the addict is no longer there to blame, the family instinctively carries out the chaos and drama.

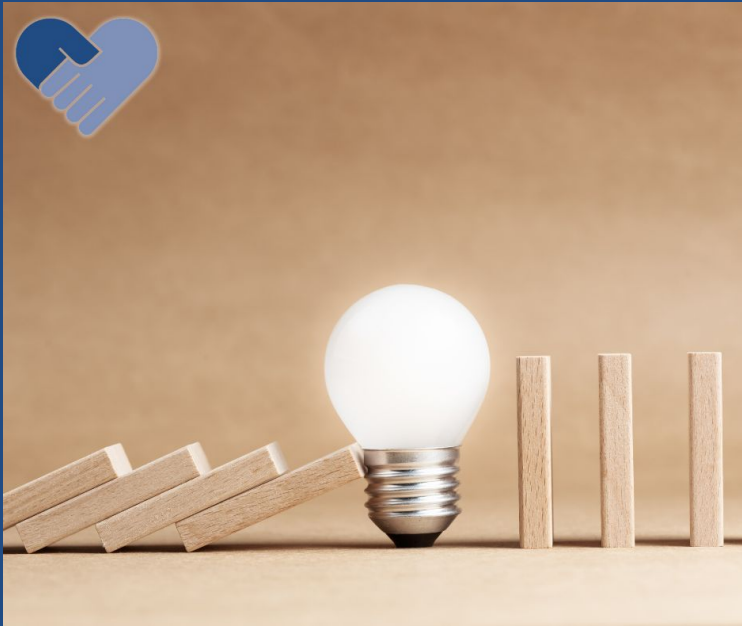
It's OK to Say No



Families can love the addict and not the addiction or the behaviors associated with it. **It is ok to say no, and it is ok not to react.** Here are some examples of detachment that should take place and often do not:

- Learning not to create a crisis or react to a crisis
 - Learning not to prevent a crisis
 - Do Not light yourself on fire so they can be warm
 - Do Not Parallel your emotions and feelings to theirs
 - Do Not allow yourself to be the cause of their problems
 - Enter family recovery and self-help groups such as Al-Anon
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Can a Family Stop Enabling?



Stopping enabling behaviors is not easy. A substance user stopping drugs or alcohol has to get to the root cause of the behaviors that lead to the addiction.

For families, it is the same strategy.

An enabler can best change their behaviors by detaching and entering their own recovery program to uncover why it is they feel the need to enable and what they are receiving from helping another person.

This is important, especially when they know they are hurting the substance user, themselves, and others.

Hard Questions to Ask Yourself



The next time you provide the addict with money, **ask yourself why** you are giving them the money. What are you getting from providing them with financial resources?

The next time you are covering for them or making excuses, **ask yourself why** you are doing that. What relief does this provide you in exchange for covering for behaviors that you know are destructive and unhealthy?

The next time you choose not to get them help, **ask yourself why**. What does being a Martyr victim do for you? Enabling martyrs scream from the top of the mountain for help, and when solutions are presented, they are either shot down or not followed through on; Why?

The next time the addict berates you and manipulates you with guilt or shame, **ask yourself why** you allow this. Are you afraid that if you stand up to them that it will create a confrontation that you are trying to avoid?

How to Support Without Enabling

Support Without Enabling



You can always let the addict know that what you have been doing is not working for them and yourself.

You can concede to your mistakes and offer them professional help in exchange for your ineffective help.

The addict has a right to use substances, and you have the right to detach and stop enabling the behaviors and addiction. It is always helpful to set healthy boundaries and provide them with effective professional resources. Letting them know that you would be happy to discuss things with them after they are in treatment.

Key Takeaways



Learn About Addiction: Understanding what your loved one is up against in their addiction and their recovery can help families better understand what they can do differently. Al-Anon groups for yourself and attending Open Alcoholics Anonymous or Narcotics Anonymous meetings can be very helpful too. Open AA and NA meetings are available to anyone, and all are welcome. One does not need to be an alcoholic or addict to attend.

Attend and Participate in Family Therapy: It is without question that a healthy family increases the chances an addict can get better. Even if they do not get better right away, the family can still change and improve their quality of life. Individual therapy, self-help groups, workshops, and Family Recovery Programs are all helpful for families to learn the benefits of detachment and the destruction of enabling.

Key Takeaways (cont'd)



Set Boundaries and Learn Effective

Communication Skills: Boundaries are your way of saying I love you and I don't love your addiction or your current behaviors. Boundaries are another way of saying that you love yourself and other family members who are affected by your enabling and unhealthy behaviors. Learning how to effectively communicate with an addict still using substances or in early recovery helps both you and them. If what you were doing wasn't working, it is time to try something different.

Engage in Self-Care for Yourself: Many family members of addicts and alcoholics have forgotten who they are or what they want for themselves. Taking time for yourself and engaging in activities that you enjoy or trying new ones is a helpful way to take care of yourself and detach from them. You can't fix them, and you can't control them. Setting boundaries and following the suggestions above while engaging in healthy activities can be very helpful for both you and the addict.

Will It Change?



Enabling provided by the family that has produced entitlement for the addict does not disappear overnight. It takes work to undo years of unhealthy strategies that have compromised the family's sanity and the addicts' recovery. The addict will not become well in one day, and neither will the family.

The process has to start somewhere if conditions are to improve. **Staying where you are isn't sustainable.** You either get better, or you and the substance user become worse. Addiction is chronic and progressive, and without professional help or some form of intervention, it becomes worse and never better.

We Can Help



Family First Intervention works with the family of the addict to help educate them and create self-awareness. The more a family understands addiction, enabling, and family roles, the better opportunity they have to make healthier choices. We have seen the destruction addiction brings to both the family and the addict.

When one side gets better, it allows the other side to follow suit. When families enter recovery and are able to set boundaries and hold their loved one accountable, they can increase the opportunity for their loved one to see the need for change and the benefits of growth in that change.

To learn more about how you can your family can start the road to recovery, please get in touch.

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
