

Supporting Their ADDICTION RECOVERY



KALEIDOSCOPE
COUNSELING

Finding Beauty in the Fragments of Life

Love, patience, and healthy boundaries can make a big difference.

YOUR SUPPORT MATTERS

Recovery is a journey, not a straight line. Your consistent, loving support can encourage hope, strengthen their resilience, and remind them they are not alone.



WHAT TO AVOID

- ❌ **Enabling:** Don't make excuses or protect them from consequences.
- ❌ **Rescuing:** Avoid "fixing" their problems for them.
- ❌ **Blaming or Shaming:** Addiction is a disease, not a choice.
- ❌ **Ignoring Your Own Needs:** You can't pour from an empty cup.

SET HEALTHY BOUNDARIES

Boundaries protect both you and your loved one.

- ♥ Be clear about what behaviors you will and will not accept.
- ♥ Communicate your boundaries calmly and consistently.
- ♥ Stick to your boundaries, even when it's hard.
- ♥ Boundaries are acts of love, not punishment.



TAKE CARE OF YOU



Supporting someone in recovery can be emotionally draining. Make time for your own well-being.

- ✓ Get enough rest
- ✓ Eat well
- ✓ Stay active
- ✓ Talk to someone
- ✓ Take breaks
- ✓ Do things that bring you joy

HOW YOU CAN HELP



LISTEN WITHOUT JUDGMENT – Be a safe space. Let them talk without fear of criticism or lectures.



ENCOURAGE TREATMENT – Support their decisions to seek help and follow through with therapy, support groups, or other programs.



CELEBRATE PROGRESS – Acknowledge small wins. Recovery happens one day at a time.



EDUCATE YOURSELF – Learn about addiction and recovery so you can understand what your loved one is experiencing.



OFFER PRACTICAL HELP – Provide rides, attend meetings with them (if appropriate), or help with everyday tasks when needed.



BE PATIENT – Relapse can happen. Respond with compassion, not anger.

IMPORTANT REMINDERS

- ♥ You did not cause their addiction.
- ♥ You cannot control their recovery.
- ♥ You cannot cure their addiction.
- ♥ You can love them without losing yourself.



NOTES & REFLECTIONS



YOU ARE NOT ALONE

Connect with support groups for families and loved ones. Al-Anon, Nar-Anon, and other groups can provide understanding, strength, and encouragement.



Keep showing up. Keep loving. Keep believing in their healing.

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