



C.A.R.E.S.

COMMUNITY ADDICTION & RECOVERY
EDUCATION & SUPPORT

For The Family: Don'ts And Dos

1. **DON'T** buy into the disease and all of it's threats // **DO** get educated and informed
2. **DON'T** confront or get into an altercation with your loved one while he or she is high // **DO** step back and wait for a sober moment before having a meaningful conversation
3. **DON'T** make excuses to your spouse, family, friends, or school authorities for your loved one's substance abuse // **DO** be honest
4. **DON'T** take responsibility for your loved one's substance abuse or addiction // **DO** recognize you didn't cause it
5. **DON'T** accept as normal behaviors exhibited that are threatening, aggressive, destructive, or chaotic within your family // **DO** set healthy, safe boundaries in your home
6. **DON'T** nag or scream at your loved one about his or her substance abuse // **DO** detach with love
7. **DON'T** clean up your loved ones' messes and predicaments // **DO** allow them to face the natural consequences of their behaviors
8. **DON'T** let yourself be ruled by the addicted person's behavior; it will negatively affect your own behavior as well // **DO** practice self-care
9. **DON'T** view your loved one as lacking willpower or having a moral deficiency // **DO** accept that addiction is a brain disease
10. **DON'T** assume your loved ones are "doing this to you" // **DO** understand that they are doing this to themselves
11. **DON'T** be angry with your loved one // **DO** acknowledge negativity breeds negativity
12. **DON'T** use any drug, alcohol, or chemical around them - they will see it as hypocrisy and confront you with it // **DO** examine your own behaviors, habits, and practices
13. **DON'T** play detective. Following your loved one around to see what he or she is doing is a waste of your time and physical and emotional energy // **DO** believe you do not control the disease
14. **DON'T** contribute to an addicted person's disease by giving him or her money // **DO** set clear, firm rules that prevent you from perpetuating his or her substance use
15. **DON'T** make any threats or impose any consequences unless you are fully prepared to follow through // **DO** say what you mean and mean what you say
16. **DON'T** fall into fear, despair, and helplessness // **DO** have faith, courage, and hope
17. **DON'T** become paralyzed by your loved one's substance use // **DO** get educated, empowered, and ask others for assistance

Recovery **CAN** And **DOES** Occur – **C.A.R.E.S. CAN HELP!**