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# 7 THINGS YOU CAN DO TO HELP YOUR LOVED ONE WHO IS ADDICTED

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1. Stop enabling them to stay stuck. If you are tolerating bad behavior, then you are enabling. If they get drunk and are obnoxious, then leave. Choose not to be around them when they're drunk.
2. Don't accept responsibility for their addiction. Many alcoholics blame their loved ones. If you've heard comments like, "If you wouldn't do..., then I wouldn't have to drink" then they are trying to blame you for their bad behavior. It's a lie. They are *choosing* to behave poorly-period. It's not your fault.
3. Allow their consequences to happen and let them experience the full consequence. So many people bail their loved-ones out of jail after they're arrested for DWI. Don't do it. Let them sit there. They need the time to think about their behavior.
4. Get help. Go to Al Anon. There are many others who have experienced what you are going through and can help. Please don't delay. Go and learn the skills necessary for your own health.
5. Stop letting them go through the same cycles-- acting out, asking for forgiveness, not doing what they promised, acting out, asking for forgiveness and not doing what they promised. There needs to be consequences to their bad choices. You can temporarily step out of their life and when they have six months of sobriety, then you will engage with them again. Only watch actions. Their words are meaningless until they truly change.
6. Hold them accountable for doing what they need to do. If they stop doing what you've agreed upon, then there needs to be consequences.
7. Take care of yourself. Don't let their addiction steal your life. You can model that life is truly wonderful and if they ever choose to get sober, it will be wonderful for them too. So many loved-ones stop living because of their addict. Don't let that happen to you. Put up boundaries and live life abundantly.

