



KIMBERLY & LYLE

HELP WITH FAMILY ADDICTION



You Found Out Your Loved One Has An Addiction

5 Steps You Can Take NOW





ASSESS THE SITUATION

How do you do this?

Safety first. Do I need to call 911? Do I need to remove myself from the situation for emotional /physical safety? If the situation doesn't seem dire, then look at the facts you know and don't make any assumptions.

Example: My situation does not feel dire, however, my loved one seems high and is about to leave the house in his car, which is under my name.

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IDENTIFY & SET YOUR BOUNDARIES

How do you do this?

Identifying what you need to do next will be clear as you're considering safety first.

Example:

If your loved one is under the influence, it will likely be challenging to have a conversation at this point. Using an "I" statement, set a boundary by saying, "I am not comfortable having you drive a car that is under my name. Please give me the keys."

If your loved one begins to argue, try to diffuse the situation by acknowledging their feelings, followed by another "I" statement and sticking to your boundary.

Such as, "I know you want to leave with the car and I see you're upset. I would like the keys. I'm 100% clear that I do not want you taking the car right now."

Then, you take the keys away. If they leave with the keys, you have a decision to make.

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- 1) Do nothing.
- 2) Call 911 and report your car missing.
- 3) If you know where they're going, reach out to someone at their destination and let them know of the situation.

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SIMPLIFY YOUR LIFE

How do you do this?

This is a stressful time. It's important you don't wind up with an overscheduled calendar. When we are in crisis, it feels like a false sense of control to fill our calendar with appointments and tasks without leaving time for much-needed self-care.

Example:

You get a free pass during this time to do whatever it takes to protect your space. Cancel any unnecessary plans. When you're asked if you can do something, use the phrase, "I'll have to get back to you," so you can take the time to think about whether the ask is a priority right now.

Use the Al-Anon acronym HALT: hungry, angry/anxious, lonely, tired. When you feel one of these things, halt and take time to decide what you need to do to address these symptoms.

These symptoms are a reflection of the challenging time you're facing. They are a signal you need to pay attention and take care of yourself so you don't get hijacked by your emotions.

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FIND YOUR TRIBE

How do you do this?

Oftentimes, when we are experiencing our loved one's substance abuse, our friends and family don't understand because they aren't in a similar situation. It's important to find people you can confide in, get support, and trust.

Start with Al-Anon, support groups, counseling, and mentoring for support and to get educated about your options.

Example: Al-Anon is the sister program of Alcoholics Anonymous. It's for the friends and family members of someone who has an issue with substance abuse. You can find a meeting at alanon.org. Attending a meeting as a newcomer can feel scary, however, remember everyone attending has been in your shoes at some point in time. The secretary of the meeting will ask if any newcomers are present and you can raise your hand to have people reach out to you after the meeting. If you prefer to remain anonymous, you can also stay silent during a meeting. It's up to you.

Example: Kimberly and Lyle offer a free support group via Zoom the first and 3rd Tuesday of the month. This is for the friends and family members of the person who is using. These are intimate gatherings where you can share your story and receive feedback and resources from people who have walked your path.

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CREATE & IMPLEMENT A SELF-CARE ROUTINE

How do you do this?

Define for yourself what self-care looks like. This is a traumatic time and likely your cortisol (stress hormone) has gone through the roof. Self-care ideally will involve things that will quiet your central nervous system and help support your body's energy levels through nutrient-dense foods.

Example: Calendaring in your self-care is a must. Making a plan guarantees our success. Depending on what your work and home life are like will dictate when you decide to schedule your self-care.

Some ways you can lower your stress levels:

1. Meditation
2. Journaling
3. Daily readers
4. Exercise
5. Hobbies
6. Food preparation
7. Therapy
8. Acupuncture
9. Attend a support group
10. Ask for help

Examples on next page!

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What is a daily reader?

A daily reader is a wonderful way to begin in the day. It's often less than a page and engages us with thoughts that can challenge our mind and that are relatable.

Start a journaling practice

People journal in all sorts of ways. Some make lists of what happened during the day, and some record a stream of consciousness on paper. There's no incorrect way to journal. Putting pen to paper can sometimes feel overwhelming.

Journaling prompts

- Acceptance can apply to many different things in our lives. For you, what does acceptance mean?
- When we think about hope, we are in the future. When we think about regret, we are in the past. And sometimes when we feel hopeless, we are having difficulty seeing our way through a difficult time. Journal about what you're feeling with respect to hope, regret and hopelessness.
- Today I am grateful for...
- Journal about building a self-care routine. Consider what your self-care would look like in an ideal work or outline a self-care plan that's realistic for you.

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Meditation resources

- [Calm app](#)
- [Headspace app](#)
- [UCLA Mindful Awareness Research Center](#)
- [The Chopra Center](#)
- [Tara Brach](#)
- [Brahma Kumaris World Spiritual University](#)
- [Yoga Nidra - Guided Meditation for Deep Relaxation](#)

Meditation prompts

Do a body scan starting with your head and working your way to your toes. Notice what each part of your body is feeling while you are softly breathing.

Turn on white noise or any soothing sound loud enough that it helps you focus on the sound and relax each part of your body, starting with your feet on the ground and working your way up and then back down from your head.

SUPPORT SERVICES

Come join our **FREE** support group the 1st and 3rd Tuesday of each month at 6:30 p.m. PST.

Get feedback and resources about your current situation. For your convenience and privacy, the support group is offered on Zoom.

To get the information and join our group, subscribe at www.kimberlyandlyle.com/subscribe

MEET KIMBERLY & LYLE

Seeing a loved one battle an addiction is heartbreaking. You feel helpless, watching them self-destruct. But here's the key: you can't self-destruct right along with them. As much as you want to free them from the grip of drugs or alcohol, you can't force them to take those first steps toward healing. You can point them in the right direction while maintaining boundaries and caring for your own emotional and physical wellbeing.

If that feels like an impossible tightrope to walk, don't throw up your hands in despair. We are here to help.

A mother and daughter team, we are clinicians and survivors of family addiction. We've been in your situation.

We understand what you're going through, and we know recovery and healing are possible.



Kimberly Wick
Licensed Marriage and Family Therapist



Lyle Wick Sparks
Licensed Marriage and Family Therapist
Licensed Advanced Alcohol and Drug Counselor