Manage Chaos

Addiction Blueprint ™

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4-Step Blueprint Plan To Manage Chaos Addiction

Adult addicted and alcoholic children **and** recovery professionals agree that:

1. your child's illness is not your fault,
2. your child is filled with shame, guilt and embarrassment (even though they often don't show it), and
3. you can't fix this.

Extensive research and many interviews confirm these three points.

All are true!

So what **can** you do as the parent of an addict?

That's where this blueprint comes in. Use it to manage the chaos of addiction in your family.

1. Run through the short list of 4 questions (next page) every time your addicted child asks for something **or** you think they need something they have not even asked for.
2. Keep notes and records.
3. See the shift that emerges.
4. Let me know what emerges for you please.

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4 Ways to Shift the Ask / Respond Dynamic That Occurs with Addicted or Alcoholic Children

❑ **Have I taken at least 3 minutes to consider the request before responding?**

Set a timer if you want. There is a chaos in addiction, and your child will want you to immediately solve a problem. You are allowed to pause before replying. You are allowed to turn off your phone or not answer -- and then call back when you are ready. Responding in the heat of chaos can lead to regret. Remember, the disease may be what you are hearing; it is not your true child speaking.

❑ **Have I considered whether I am choosing to respond in a way that encourages long-term recovery OR whether I am choosing to respond in a way that eliminates a current pain point for myself or my child?**

Ask yourself: “Does my response encourage my child to move into recovery by providing loving, effective and clear boundaries that allow him/her to feel the natural consequences of their own choices.” or “Does my response just eliminate an immediate pain for my child and myself?”

If you decide your response will eliminate an immediate pain, that’s an ok choice to make. What’s important is that you consider which category your response is in and make the decision that is right for you and your family at this moment. You have the right to change your decision at any time.

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❑ **Am I calm enough to respond with love and kindness to my child?**

Remember that your child (underneath that addiction) is consumed with painful feelings. When you are being hammered by your child about this or that, it is easy to forget that it is the illness speaking… and it is so very hard to respond with a kind and loving tone of voice --- without accusations and negative comments.

Spend some time preparing to respond with love and kindness.

Consider taking a few minutes and just breathing - deep full breaths to settle your own body and mind.

Consider walking away and just saying "I will get back to you on that." Your child will not like that response, but it is still your right to use it. You may need to be creative and "go somewhere else" to remove yourself from the emotion of the moment. Maybe take a short walk, or take a bubble bath with music headsets on, or visit the library or coffee shop. Maybe brainstorm some options (on paper) for how you can walk away, until you are ready and able to respond.

❑ **I have jotted down the situation, my thinking, my decision and will jot down how that feels to me over time … and what the impact is, if any, on me and on my child.**

Start to keep track of the situations you consider, the decisions you make and how they impact you and your child. This will be useful as you consider later decisions.

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What's Next?



Join me on my free, confidential workshop, How To Encourage Your Child's Recovery While You Reclaim Your Own Life Using My Breakthrough Love Another Way™ Formula

Save Your Seat

Looking forward to "meeting" you soon & helping you with this important issue.

Barbara