



HELP FOR YOU

Jan / Feb
2025

Overcoming a Loved One's Addiction

The never-ending cycle...

By Rosemary Brown

January 2025 came and went in a blink, and now—what? We are already halfway through February! There is an old saying: *time flies when you are having fun*. But for so many beautiful souls still caught in the chaos of loving someone in addiction, there is no fun in it at all.

It does not matter whether you are the one drinking, using, gambling—or the one watching, waiting, and suffering beside them—addiction does not just take hold of an individual; it consumes entire lives. But here is the question: *Are you willing to approach 2025 differently than you did 2024?*

Loving someone in addiction can feel paralyzing, as though your entire existence is at the mercy of their addicted brain. The stress becomes something you accept as inevitable—out of your control—so you keep doing what you have always done, grasping at moments of relief before the cycle repeats itself. Again. And again.

Sound crazy? That is because it *is* crazy. No one would *choose* to stay trapped in this cycle. No one would *willingly* collude with an addicted brain, feeding it exactly what it needs to maintain control—not just over your loved one, but over *you* too.

I often hear people say:

"I'll do whatever it takes to help them—I just don't know what to do!"

"Nothing I do works, and nothing I don't do works either!"

"Please, just tell me the 'right' way to handle this, so I can cope better, feel better... and get them to stop these addiction-fuelled behaviours."

That is a huge ask. Especially since your loved one is not sitting in front of me, asking for help. And even if they were, I know your mind would still find something new to fear, to worry about—because addiction thrives on uncertainty, and so does the brain of someone caught in its grip.

You are not a bad person for feeling lost in this. But believing you can make someone change when their addicted brain has no intention of change, that's madness all on its own.

Let us explore this more in this newsletter...

Change is your need - not theirs...

For most people who love someone in addiction, the driving force behind their actions is simple: *If my loved one changes, I will feel better*. But here is the hard truth—*that will not work*. And here is why:

1. Your loved one has no real interest in changing.
2. No one fully understands the root problem or how to “fix” it.

If you are caught in the endless cycle of turmoil and chaos, one of these two reasons is at play. It really is as simple—and as painful—as accepting that reality.

But there are other false beliefs that keep you stuck:

- *If they get help, everything will be fixed.*
- *Rehab is the answer... or they just need a job, or to process their childhood trauma, or work through that one event.*
- *They have ADHD, OCD, Bipolar Disorder, or even Schizophrenia—if they just got diagnosed and medicated, the problem would be solved.*

The problem? None of these beliefs lead to long-term, sustainable change. But they *do* help justify and prolong addiction, giving the addicted brain exactly what it thrives on. These ideas fuel the stories that keep everyone stuck, shifting the focus away from the real issue.

And the real issue? Addiction does not just trap the person using—it traps you, too. Until *you* decide to break free.



The issue is 'the head' - that's what is driving this

The Reality of Addiction

Addiction is different from casual or social use. It is not just a bad habit—it is a brain that has been hijacked. Without either of you even realising it, addiction has crept in, rewiring your loved one's brain, and altering how it functions. And here is the hard truth: *Neither you nor your loved one has power over an addicted brain.*

I have spoken about this before, but in case you need a reminder, addiction means four things:

1. **Choice is no longer an option.** The addicted brain *will* drive your loved one to repeat the cycle, no matter what they say or how much they wish they could stop.
2. **Common sense does not apply.** No matter the damage, no matter the pain—logic will not break through. The addicted brain keeps them locked into the same destructive patterns.
3. **Conscience takes a backseat.** In the moment, morals and values disappear. Your loved one may *know* what honesty and respect mean. They may *want* to keep their promises or respect your boundaries. But the addicted brain does not care.
4. **Change is not its goal.** The addicted brain has no interest in taking responsibility, making changes, or giving up control—no matter what you or your loved one might want.

So, what can you do? Fighting the addicted brain will not work. Battling it head-on only fuels it, giving it more power to create justifications, excuses, and endless reasons to keep both of you stuck.

[CLICK HERE](#) to gain the right support for self - break the cycle for you first.....



What Drives You

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Your Drivers - Your Reality



Your Need to Keep Them Safe...

You try to control the situation—not because you want to, but because fear drives you. And fear? It only guarantees one thing: more sleepless nights, deeper desperation, higher stress, and more conflict—both within yourself and with your loved one.

The alternative?

Accept the reality of the addicted brain. Stop feeding into the cycle that pushes your loved one further away. The addicted brain *wants* either distance or chaos—because both serve its purpose. If your relationship is driven by your fear, you are feeding the addicted brain exactly what it wants - power.

You are powerless over their addicted brain—and over the frantic thoughts that keep your head spinning. You are *more* than just a head full of worry. Clear a path for yourself to step back and focus on *your* change. Break free from *The Mirror Cycle*—the endless loop where their addiction dictates your every move.

Impulse...

An instant response, a reflexive action taken without thought or consideration. It surges up, compelling you to do—or not do—something, driven by a deep, often unexamined belief. Before your rational mind has time to catch up, you've already acted.

It might be the desperate urge to send one last message, to check if they're okay, to fix, to rescue, to smooth things over. Or maybe it's the decision to stay silent, to avoid confrontation, to pretend everything is fine when it isn't.

Impulse thrives in uncertainty, feeding on fear, hope, and habit. It convinces you that this *one* action will bring relief, that it will shift something, change something. But often, all it does is reinforce the cycle—locking you into patterns that keep you stuck.

Real power lies not in acting on impulse, but in recognising it. In pausing and choosing a considered informed response instead of reacting blindly.



Emotional Reactiveness

Emotional reactivity is the fire that ignites desperation—the overwhelming urge to *do something* right now. It is that flood of emotion that takes over before logic has a chance to step in. Fear, anger, guilt, panic—they all rush in, demanding action, demanding control, demanding relief.

It drives you to make frantic phone calls, to beg, to bargain, to plead. Or it forces you into silence, shutting down, withdrawing, hoping that ignoring the problem will make it disappear. Either way, emotional reactivity keeps you locked in a cycle of impulsive decisions, each one designed to momentarily ease the pain but reinforcing the chaos.

But here is the truth—reacting from raw emotion rarely leads to change. It fuels the very patterns you want to break. The power lies in *pausing*, in recognising the storm inside you, and choosing to respond with clarity instead of desperation.

Make a decision today - LEARN how to stop feeding your loved ones addicted brain
[Click Here](#) - Download the latest opportunities for you to break these drivers



Recipe for Acceptance *Breaking the Power of the Addicted Brain*

Ingredients:

1. **1 heaping cup of Reality** – No sugar-coating, just the truth as it is.
2. **½ cup of Letting Go** – Not of love, but of control.
3. **2 tablespoons of Deep Breaths** – To slow the urge to react.
4. **1 teaspoon of Emotional Awareness** – Enough to recognise what is driving you.
5. **A pinch of Patience** – Because real change does not happen overnight.
6. **1 full measure of Boundaries** – Firm but compassionate.
7. **A drizzle of Self-Compassion** – To remind yourself that you are human.
8. **A handful of Support** – People who see you, not just the problem.

Instructions

1. Mix reality of your situation and your drivers, while adding the essential ingredient of letting go, allow this mixture to combine to a well-prepared base.
2. Stir in deep breaths and emotional awareness, allowing space for clarity to form.
3. Slowly fold in patience and your boundaries for self, ensuring they remain steady in their development and that by taking the time needed for you, your mixture matures to become strong and steady.
4. Drizzle with self-compassion and top with knowledgeable support from **Help for You – Rosemary Brown**.
5. Allow this mixture to sit – acceptance takes time – check in with your mix daily to ensure this recipe for Acceptance is adjusted to give the best results.

Serving Suggestion:

Continue to mix and consume daily, especially in moments of emotional reactivity. Acceptance pairs well with peace of mind and a renewed sense of self.

Get Baking Today

Remember for change to be possible for you – it just takes new recipes!

Recipes you have never made before.

To get great at creating these recipes and creating delicious desirable results

You will need.

A commitment to accept how you are 'doing' this right now is not working...

A determination & commitment to do whatever it takes to get beneficial results for you.

A fearless drive to practice new recipes, to adjust the ingredients and to be open to working toward being the best cook!!!



Help for You – Rosemary Brown has a recipe book that you have never seen before – so don't wait – get into some recipes for success with ***Master Chef - Rosemary***

[CLICK HERE](#) TO EXPLORE OPTIONS



Help for You – Rosemary Brown

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Explore Creating a Different 2025 for you and your loved one.

Click Here - Access more details of new opportunities to engage with Rosemary now

What to expect when you work with Rosemary...

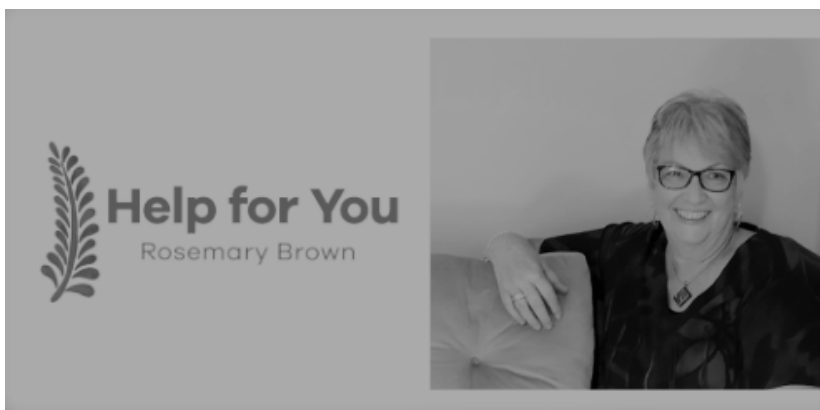
Positive change can be achieved for those who are impacted by a loved one’s addiction. Rosemary is focused on supporting you and the goals you have for change but will not collude with the addicted brain.

A small snippet of Rosemary’s offering for 2025:

- ✓ **VIP Comprehensive Family Support:** This program is a six-month structured program and contains key components to ensure your family receives the right balance of guidance, support, and practical tools to navigate, with confidence, the impact the addicted brain is having on individuals and family dynamics currently.
- ✓ **One-to-One Therapy & Coaching:** Personalised therapy & coaching to clear emotional blocks, shift perspectives, and guide positive change, available in 3-session and 6-session packages.
- ✓ **Live Group Coaching:** Weekly sessions for those who work one-to-one with Rosemary. This is where we connect, learn, and receive ongoing guidance.
- ✓ **Private Facebook Community:** A supportive network of individuals navigating similar journeys, here all the live coaching recordings can be found, going back to 2022. Access is only available to those who are engaged one-to-one with Rosemary.
- ✓ **Online Coaching Portal:** A dedicated space to book sessions, access session notes, watch recordings, and explore tailored resources.

All one-to-one packages have complimentary access to Alcohol, Drugs & Change – by Rosemary Brown

Dependent on you package - the time of complimentary access varies.



Disclaimer:

Our coaching products are designed to provide tools, guidance, and support to help you on your journey. However, success is not guaranteed and may vary greatly among individuals. Outcomes will differ based on your effort, consistency and other factors beyond our control.

Alcohol, Drugs and Change – by Rosemary Brown

Dive In. Find Clarity. Take Control.

If exploring change directly with Rosemary is not where you are at right now – Rosemary has created a self-directed online learning tool, full of resources guided by her.

Seeking positive change – Rosemary knows sometimes it can feel like you are drowning, caught in a current you did not choose. Watching a loved one struggle with alcohol or drugs can be exhausting, confusing, and lonely. But here is the truth: You do not have to navigate this alone.

Only released in December 2024, this program is more than just an online learning tool, it contains the latest, most up to date resources Rosemary offers, and is your guide to the challenges of having a loved one in addiction, while you grow in a way that defies the addicted brain.

You get:

Powerful New Knowledge

Making your journey one of calmer waters, less conflict, or stress & opportunities for self-empowerment

Effective Toolbox Resources

You get easy to access new ways of coping, new ways of thinking & acting.

Valuable Guided Self-Healing

This journey mucks up your head & your heart - it is time - take control of your life journey!

Live Group Coaching - once a month (via Zoom), these lives are recorded and available to access after each session. So, you never miss a thing.

You get to ask questions of Rosemary through the community Together We Can Thrive

You can track your progress, with the goal of reducing your stress, which creates space for different relationship dynamics with those you care about, and who care about you.

**Ready to Take the Plunge?
Real change starts with one decision.
Take control of your reality today**

 **Alcohol, Drugs & Change – by Rosemary Brown**
[CLICK HERE](#) to start your membership

 **To discuss working with Rosemary one to one**
[CLICK HERE](#) to Book a Discovery Call