



HELP FOR YOU

Mar / Apr
2024

Overcoming a Loved One's Addiction

By Rosemary Brown

Growing beyond the impact of Alcohol or Drugs....

We have already lived through the first quarter of 2024. I am wondering what has changed for you this year.

In my work there is often a theme that keeps knocking on my door – through what others want to know and repeated patterns of engagement. I certainly have noticed a common thread through the first 3 months of 2024.

How do you be the best you can be, when alcohol or drugs are continuing to create turmoil and chaos in our lives. This theme is becoming louder as the days and weeks go by in 2024; it is time for me to acknowledge this.

I know the reality as someone who cares - once addiction is on the scene it is difficult to maintain our focus on self. Suddenly the dynamics in relationships shift, the problem becomes the centre of the family, and over time, for everyone, including the addict, our focus changes, things outside our control feed a spiral down, and stress rises.

Caught in a Mirror Cycle, where alcohol or drugs are the ringmaster of your lie, for those who use and for those who care. There are similar impacts on both addicts & family members, it maybe these impacts occur at different times for the individual.

We Create Our Own Reality – we often do not remember that, or if we do we feel unable to turn things around for ourselves. That is where we need to be open to accepting help, which is the same for addicts or family members, if where we are right now is not where we want to be, we benefit from seeking help to create a different outcome.

Family members generally wait 11 years before they make a conscious decision and commitment to reach out and ask for support. The problem is this cannot be just any support, you need support that empowers you, rather than engagement that sets you up for another failed attempt, trying to achieve change your way.

It can be difficult to accept you taking your own journey can influence positive change for your loved one. The journey of change you go on Mirrors the journey your loved one needs to take if they are to grow beyond their addiction.

This newsletter marries these important points together for you.....

Be the best you can be...

My newsletters present a completely different approach to the issue of addiction, as do the models I have developed for my business. So many times, you will hear me say or you will read the words “the traditional system does not work, for addicts or those who care,” and close to 100% agree with this statement.

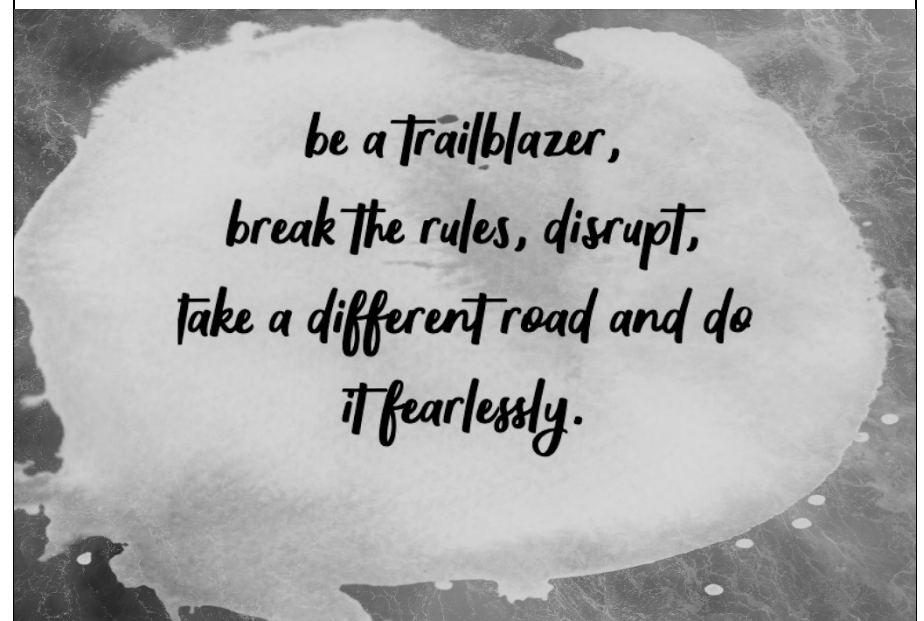
Family Led Change works for those who care, and for their loved ones.

If you are not doing the work to grow beyond your unhealthy coping strategies, then it is a bit unfair to expect them to just jump in and do the work.

Change needs to happen on the inside, not on the outside, and everyone needs to clear the bricks, blocks and barriers that get in the way before change is possible. You and your loved one can grow beyond your unhealthy coping strategies.

Key to this personal growth journey is

- ✓ A commitment to do whatever it takes to get self well.
- ✓ Gaining more healthy tools to cope with life on life's terms.
- ✓ Developing tolerance for your emotions, 'it's okay to feel not okay,' your feelings are your most valuable tool.
- ✓ Learning strategies that develop a higher level of resilience, we all need to bounce back when things get tough.
- ✓ Creating a better relationship with self, 'valuing all of who you are,' the good & the not so good.



Family Led Change is not a magic potion that just somehow works - it is a magic system and program that works if you work at it!

Some insight to empowerment

Key to empowerment is a different approach, with a different understanding.

- ✓ **What people are doing** to cope in the stressfulness of life is just a symptom, by accepting and recognising these symptoms (unhealthy coping strategies) are not the 'problem,' opens a pathway for a different approach.
- ✓ **Unhealthy coping strategies are probably the only tool** in the toolbox that the person has access to in these times, even when these actions cause more damage to self and others.
- ✓ **The person is not bad**, the behaviours (unhealthy coping behaviours) driven by the need to feel better that are not okay.
- ✓ **Focusing on the goal of stopping** these behaviours just sets a person up to fail.
- ✓ **Acknowledging change is possible** through journeying forward committing to growing beyond the need for unhealthy coping strategies, and evolving over time to being the best you can be.



Creating Different Outcomes

Mar / Apr 2024

Key to achieving empowerment requires

“Old ways won’t open new doors.”

A different focus...

Once alcohol or drugs (or any unhealthy coping actions) enter a family the focus shifts, everyone is looking at the alcohol or drugs. Here is what happens:

- The addict focuses on others as being the ‘problem.’
- Others focus on the addict being the ‘problem.’

What someone focuses on is what they attract more of...

Focusing outside of self and focusing on what others need to change, is an ineffective and disempowering approach.

Taking a step back and shifting your focus to self, asking yourself what you really want for you, opens new doors. Focus on the things in your control – which is only self, your thoughts, and feelings, which create your reality.

There are many different strategies that can support this for you, regardless of whether you are the addict or you are someone who cares.

Different stories...

Stories are driven by our beliefs, more than likely beliefs that we are unaware of. A common belief that gets in many people’s way is – “I can only be okay, if you are okay.” This belief is subconscious and continually fuels your need for others to change. This creates a vicious cycle of trying to get others to see a need for change, and to take action to achieve and maintain change, we all know that’s not how change works.

When the stories we tell ourselves are unrealistic it sets everyone up for disappointment and failure. Not only is expecting someone to change and maintain change unrealistic, especially when they have no idea how to achieve this, it is unrealistic to believe how we are approaching this is effective, this just fuels the continuous downward spiral.

Focus on self and know that when “you do what you need to do to experience a different outcome, things will be different.” Remember if you knew how to do this you would be doing it by now, so check in with me and let us explore this together.



A different motivation...

What motivates most toward change is pain, 80% of people seeking change want to leave the pain behind. There is nothing wrong with wanting things to be better, it is just when you are motivated to get others to change to meet our needs, things get worse not better.

Here is a fact, just about every person I meet states they will do whatever it takes to support their loved one to change. Nothing would get in their way – yet when they find out investing time and money in changing self-first is their best hope for a better outcome for their loved one, suddenly there is a brick wall – no I don’t need to change, they need to change.

Check your motivation for doing what you are doing, if getting self well & learning a different way is your best chance, then why is it time and money suddenly become a barrier. If your loved one say’s “I want to go to rehab,” which has greater than 85% failure rate, you would make the time and find the money.



[Click Here](#) to book a Discovery Call & explore a better way



Let's Get Cooking

Mar / Apr 2024

Healthy Coping Strategies

Ingredients:

- 1 cup of self-awareness
- 2 tablespoons of mindfulness
- 1/2 teaspoon of deep breathing exercises
- 1 pinch of physical activity
- 3 tablespoons of social support
- 1 tablespoon of hobbies or interests
- A dash of positive affirmations
- A sprinkle of relaxation techniques
- 1 serving of professional help (optional, but recommended for severe cases)

1. Start by preheating your mental oven to a comfortable temperature. Find a quiet and comfortable space where you can focus without distractions.
2. Take the cup of self-awareness and pour it into a mixing bowl. Reflect on your emotions, thoughts, and triggers. Acknowledge any stressors or challenges you're facing.
3. Add the mindfulness and deep breathing exercises to the bowl. Practice mindfulness by bringing your attention to the present moment without judgment. Take slow, deep breaths to calm your mind and body.
4. Sprinkle in a pinch of physical activity. Engage in some form of exercise or movement that you enjoy, whether it's walking, yoga, dancing, or any other activity that gets your body moving.
5. Blend in the social support by reaching out to friends, family, or support groups. Share your feelings with trusted individuals who can offer empathy, encouragement, and perspective.
6. Mix in the tablespoon of hobbies or interests. Engage in activities that bring you joy and fulfillment, whether it's cooking, painting, gardening, or playing music.
7. Add a dash of positive affirmations to the mixture. Replace negative self-talk with affirming statements that promote self-love, resilience, and optimism.
8. Sprinkle in relaxation techniques such as meditation, progressive muscle relaxation, or guided imagery. Find what works best for you to unwind and reduce stress.
9. Stir the ingredients together until well combined. Take your time and be gentle with yourself throughout the process.



11. If needed, consider adding a serving of professional help to the recipe. Seek support from a therapist, counsellor, or mental health professional who can provide guidance and assistance tailored to your needs.
12. Once everything is mixed thoroughly, taste the mixture, and adjust the ingredients as needed to suit your preferences.
13. Serve yourself a generous portion of your healthy coping strategy recipe whenever you're feeling overwhelmed or in need of support.



Remember to practice regularly for best results & share liberally with family & friends.



Help for You – Rosemary Brown

Mar / Apr 2024

Explore Creating a Different 2024 for you and your loved one.

Book a Discovery Call with Rosemary now

[BOOK HERE](#)

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.

Rosemary has a 5star rating on Google for the courses & services she provides.

A small snippet of what others say:

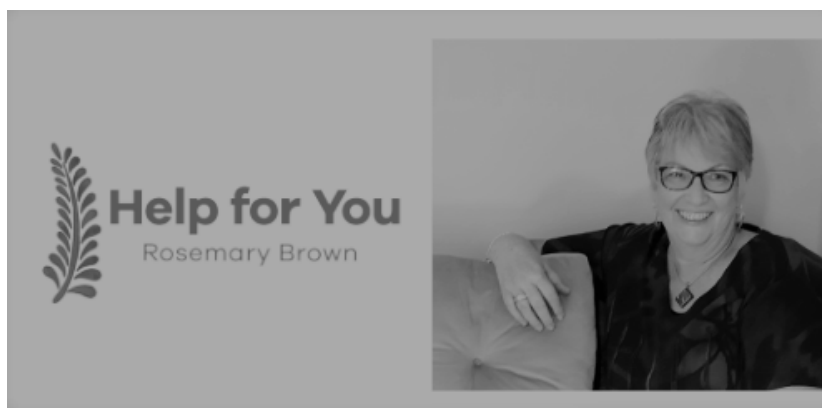
- ✓ *Rosemary is friendly, non-judgmental, and so knowledgeable. The program and sessions have been life changing.*
- ✓ *I found Rosemary to be non-judgmental and committed to help me.*
- ✓ *Rosemary is amazing, easy to talk to, she has a world full of knowledge.*
- ✓ *Rosemary has been a godsend for me, I thought I was losing my mind till I had a few sessions with her.*
- ✓ *Rosemary's work with our family has given us hope for a better future. She has helped restore calm to what could only be considered chaos.*
- ✓ *My time spent with Rosemary has been invaluable in providing me with the information and tools I need.*
- ✓ *Since working with Rosemary, she has helped me to identify my feelings, where they come from and why. I have been able to remove those things from my immediate being and not carry them around with me constantly.*
- ✓ *Rosemary has been instrumental in helping me with my daughter who has an addiction.*
- ✓ *I feel privileged to know Rosemary and very grateful she has taken on my whanau.*

Help for You – Rosemary Brown

Currently Rosemary supports nearly 800 contacts through her Newsletters and other resources, 135 people are engaged at various stages on the *Help for You – Rosemary Brown Family Led Change program.*

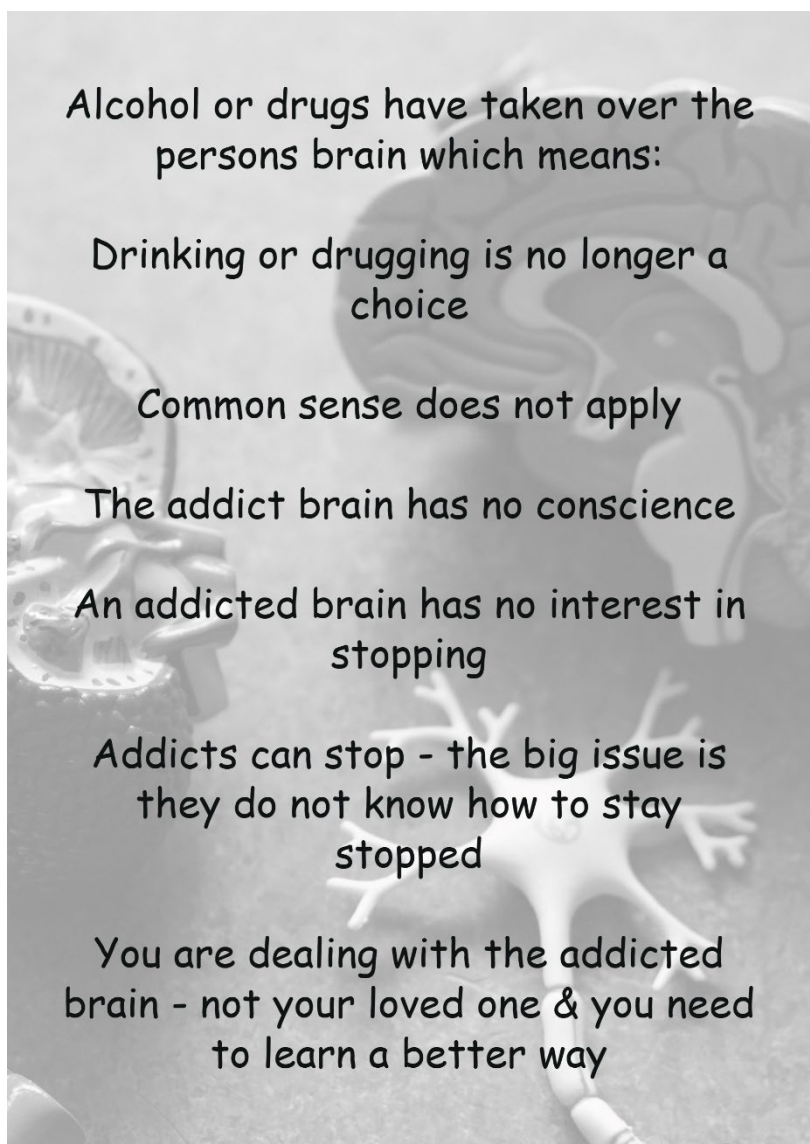
Connect with Rosemary and join the community today.

Rosemary is available now with resources to support you in your journey.....



Notes to remember

This is something we all need to remember when addiction has made it's way into the family



Alcohol or drugs have taken over the persons brain which means:

Drinking or drugging is no longer a choice

Common sense does not apply

The addict brain has no conscience

An addicted brain has no interest in stopping

Addicts can stop - the big issue is they do not know how to stay stopped

You are dealing with the addicted brain - not your loved one & you need to learn a better way

Is this the way you want to live the rest of your life???

Step into a different way of approaching this - nothing will change for you unless you change it.

[BOOK HERE](#)

to find out more