



HELP FOR YOU

May / Jun
2024

Overcoming a Loved One's Addiction

By Rosemary Brown

Wasted Days and Wasted Nights....

As I ponder how quickly the first half of 2024 has gone, I got to thinking about wasted days and wasted nights. The title of a well-known song by Freddy Fender – Freddy who you ask??? Freddy Fender released this classic in 1974. And my point is.....

How many wasted days and wasted nights have you spent in the first 6 months of this year with, wasted fears, wasted tears and wasted desperation, manipulation and in short wasting your energy and your life trying to do something that right now is beyond your abilities.

Yes, I do know the stressors, the realities and the trauma of having someone incredibly special in your life who is caught in the grip of alcohol or drug addiction. I know the sleepless nights, the endless pain and the final stages of burnout. I wasted many days, many nights and even many months and years praying for a solution, trying to get someone to change, when really that was not my right.

*Wasted days and wasted nights
I have left for you behind
For you don't belong to me
Your heart belongs to someone else*

*Why should I keep loving you
When I know that you're not true?
And why should I call your name
When you're to blame
For making me blue?*

Here is the reality – your loved one's heart belongs to alcohol or other drugs right now, the addicted brain is running the show, and even though it may be a living hell, your loved one is stuck! Able to be good and stop for a short time but for the majority unable to stay stopped.

Your loved one is not to blame, they are not in denial, they are not weak, they are not the problem!! The problem is the addicted brain – and alcohol or drugs have crept into their brain and changed it – taking control, leaving your loved on powerless over their addiction too.

Heading into the second half of 2024, it would be great for you to leave those wasted days and wasted nights far behind and seek a pathway toward making the most of your life, by changing things for the better for you.

'I need you to change' so I can feel better, cope better & be better...

When things go wrong in our life, human nature (it seems in today's times) seeks someone to blame. And in a family where a loved one has fallen into addiction, they are placed center stage as 'the problem'. Everything slowly but surely begins to revolve around the problem. You will note 3 things happen...

1. **FEAR** drives behaviours
2. **BLAME** emerges in an effort to understand what is happening and how come this is happening.
3. **FAMILIES** slowly begin to be torn apart.....

I am sure you can acknowledge these things in your life, but this is all a waste of time and changes nothing for the better, it changes plenty in a not so good way.

*Other people do not change
just because we need them to!!*

Think about the things you are doing right now, in an effort to get your loved one to change. I know you know this isn't working but in the absence of any other way, you keep doing the same things, in the same ways, and for some reason hoping this is going to work. If it hasn't worked before, it is very unlikely it will work next time you try it...

*Key to doing this differently is you
being open and willing to do whatever it
takes to influence positive change for your loved on.*

Let's explore where to start:

- ✓ Know your emotional reactiveness is all about your heart-felt connection to your loved one
- ✓ This is not your loved one you are dealing with here, it is an 'addicted brain' which has control
- ✓ Being in a relationship with an addicted brain is totally different from responding from your heartfelt connection

Yes, I know this is someone you love and care about but trying to keep them safe, telling them what to do, keeping them out of 'trouble', are all counter productive to what you are trying to achieve.

What is the best thing about bashing
your head against a brick wall???
'It feels great when you stop'

Traits of an addicted brain...

- ✓ **It takes choice out of the equation.** Your loved one, regardless of what they want, will drink or drug, given the right set of circumstances. The brain is controlled by the drug & will keep driving the need for alcohol or drugs.
- ✓ **Common Sense does not apply.** Despite the problems and pain alcohol or drugs have caused in your loved one's life, they continue to do the very same things, with no attachment to doing themselves or others harm.
- ✓ **It has no conscience.** Morals and values are lost, disconnected by the addicted brain, the addicted brain is the best liar.
- ✓ **It has no interest in taking responsibility or giving up control.** Stop trying to get it to change, as this falls on deaf ears and often ends up in conflict.

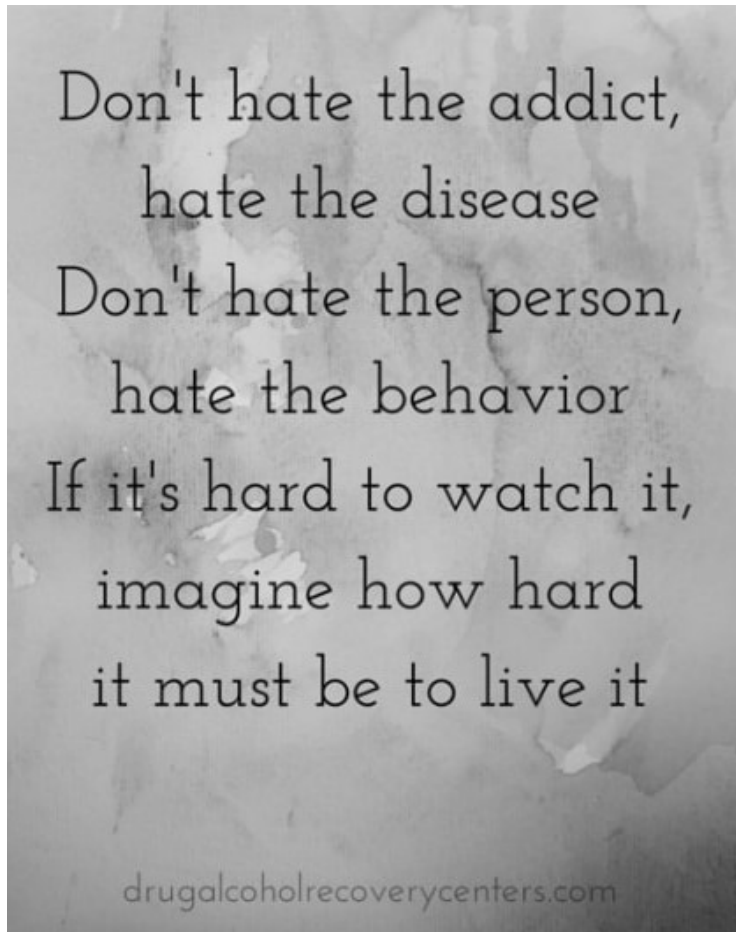
If you have a question for Rosemary [CLICK HERE](#)



Creating Different Outcomes

May / Jun 2024

Key things for you to remember....



Don't hate the addict...

As you know from our last section, this is not about your loved one as a person, this is about the addicted brain and alcohol or drug driven behaviours.

I have never met an addict who started drinking or drugging with the idea they would end up in 'addiction'. I have heard plenty of reasons as to why they started drinking or drugging, but I have never heard they started drinking or drugging just so they could become an addict.

Addiction can be a bit like brain cancer, it eats away the very core of your loved one. Robbing them of the life they once had. Addiction, over time becomes sheer hell, many will have tried to stop and stay stopped and failed, which leads them to believe change is not possible.

You know how hard it is to contain your responses when things happen, imagine how hard it is for your loved one.

Addicts are not bad, alcohol & drugs are bad

Learning how to live life without alcohol or drugs in it...

All addicts have four things in common:

- ✓ Few healthy coping strategies
- ✓ Low tolerance for their emotions
- ✓ Little to no resilience
- ✓ Poor relationship with self

Stopping is one thing, going through acute withdrawal can be difficult too, but it is after this where addicts struggle.

Imagine you had two broken legs, and someone kept telling you to throw your crutches away, and then expected you to walk on your own. The result is predictable, you fall over.

Alcohol & drugs have become your loved one's 'crutch' to live life on life's terms, take these away and what is left. Learning how to live life on life's terms without alcohol or drugs in it is a journey not a destination, this does not happen overnight.

Growing beyond the need for alcohol or drugs is first.

**IF YOU WANT
SOMETHING YOU'VE
NEVER HAD,
THEN YOU'VE
GOT TO DO
SOMETHING YOU'VE
NEVER DONE.**



How you can make a difference...

This takes a few key things...

- ✓ STOP being driven by your needs
- ✓ STOP expecting your loved one to change
- ✓ ACKNOWLEDGE your loved one has needs, and their own struggles & reality
- ✓ LESS is best, say less, listen more
- ✓ YOU DO NOT UNDERSTAND, be open to learning and growing beyond addiction
- ✓ INFLUENCING POSITIVE CHANGE requires a totally different way – start with empathy

Change is not easy, rather than looking at your loved one to change, be open to learning a different way and changing yourself first, after all you don't have an addicted brain.

[Click Here](#) to ask Rosemary a Question



Have Empathy – this is not sympathy

Ingredients:

1. **Open-mindedness:** Start with an open mind, willing to see things from others' perspectives.
2. **Active Listening:** Listen attentively to others without judgment or interruption. Give them your full presence.
3. **Curiosity:** Be genuinely interested in understanding others' thoughts, feelings, and experiences.
4. **Self-awareness:** Understand your own emotions and biases, which can help you relate to others more effectively.
5. **Kindness:** Approach interactions with kindness and compassion, seeking to alleviate others' suffering.
6. **Perspective-taking:** Try to put yourself in others' shoes to understand their experiences and emotions.
7. **Patience:** Recognise that empathy takes time and practice and be patient with yourself and others.
8. **Practice Gratitude:** Cultivate gratitude for the people and experiences in your life, which can enhance your ability to empathise with others.

1. Reflect on your own experiences: Consider times when you've felt understood or misunderstood. Use these reflections to guide your interactions with others.

2. Seek diverse perspectives: Engage with people from different backgrounds, cultures, and experiences to broaden your understanding of the world.

3. Practice active listening: Focus on what others are saying without thinking about how you'll respond. Reflect back what you've heard to ensure understanding.

4. Validate emotions: Acknowledge and validate others' emotions, even if you don't agree with their perspective.

5. Be present: Give others your full attention when interacting with them. Put away distractions and focus on the person in front of you.

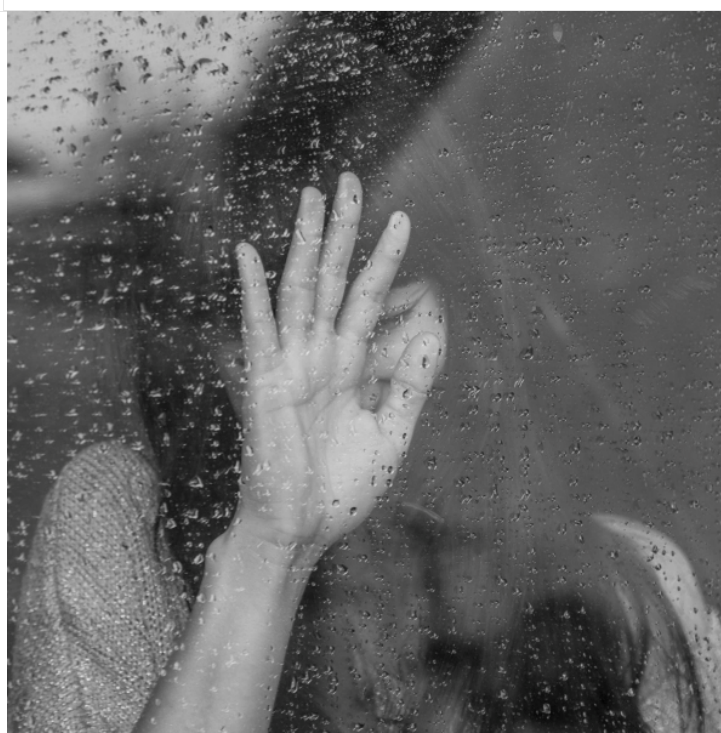
6. Empathise with yourself: Remember to extend empathy to yourself as well. Treat yourself with the same kindness and understanding you would offer to others.



7. Practice empathy daily: Look for opportunities to empathize with others in your daily life, whether it's with friends, family, colleagues, or strangers.

8. Reflect and adjust: Regularly reflect on your interactions and experiences and make adjustments as needed to improve your empathy skills.

By following these ingredients and instructions, you can cultivate empathy in your life and deepen your connections with others. Remember, empathy is a skill that can be developed with practice and intention.



Remember at first there may not be any opportunity to practice empathy.

First you need to be able to be well, no longer driven by your needs & emotions but open to connecting with unconditional positive regard for your loved one



Help for You – Rosemary Brown

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Ask Rosemary a Question.....

Get your answer

[ASK YOUR QUESTION 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:

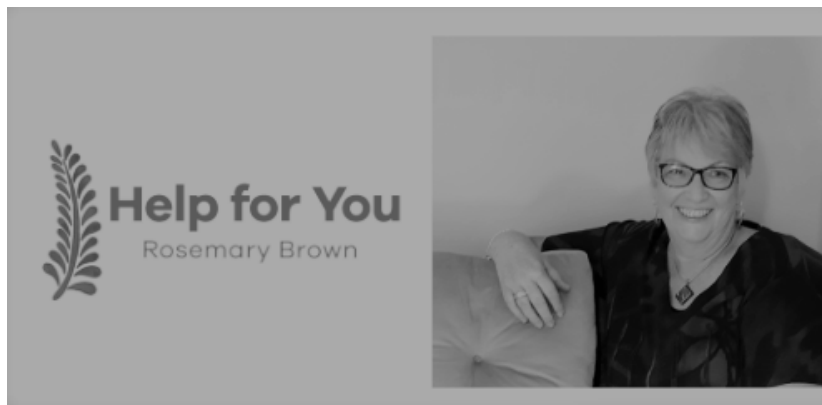
- ✓ *Rosemary is friendly, non-judgmental, and so knowledgeable. The program and sessions have been life changing.*
- ✓ *I found Rosemary to be non-judgmental and committed to help me.*
- ✓ *Rosemary is amazing, easy to talk to, she has a world full of knowledge.*
- ✓ *Rosemary has been a godsend for 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