



HELP FOR YOU

Overcoming a Loved One's Addiction

December
2024

By Rosemary Brown

Heading into providing better support for you & your loved one

And before you know it – it's countdown to Christmas 2024 – I am sure someone stole 6 months from me!!

A quick review of my growth with people like you in the last 12 months. People are at a point where they recognise life is too short to be caught in the turmoil & chaos of a loved one in addiction

Your need as a parent or a spouse, grandparent or sibling of an addict, for your loved one to change can leave you caught trying to save your loved one from the alcohol, or drugs, & more importantly from themselves. You want to protect them, get them to recognise the problem, and get them to engage in help.

I have learnt – mothers are most often 'the last one standing', in fact of the 105 new clients investing time & money with me this year, a massive 93% were women, 72% of these women were mothers!! The rest of these women were spouses or partners of their loved one.

Mothers & wives or partners who were desperate to create a better life, a better relationship, and better outcomes, for themselves and their loved one. The problem was nothing they tried was effective in changing the reality of their loved one in addiction, & their reports were always the same; this is killing me!!

I undertook Discovery Calls with 287 people who were struggling with a loved one's addiction, and I was unable to offer these people in need of an opportunity of ongoing life-changing support.

I no longer have enough hours in the week to support all of you that would really love to shift from the turmoil, chaos & stress of having a loved one in addiction. That is why I have dedicated the Last 6-mths of this year to building a new tool, that can take you on this journey, with me as your mentor & coach – and at a fraction of the cost of working one to one with me.

Read more on how your can help yourself with my guidance in this newsletter....

We All Need to Put Our Wellness First!!

HOW TO LOOK AFTER YOUR MENTAL HEALTH AT CHRISTMAS

Below are 12 practical tips that you can try out over Christmas

- CHALLENGE**: If you experience unhelpful thoughts, take time to challenge them with thought restructuring
- ALCOHOL**: Be aware of how much you are drinking and stay within the recommended limit
- HELP**: Don't be afraid to ask for help if you are struggling over Christmas
- SOCIAL**: Interact and engage with people. Why not try some volunteering over Christmas?
- SELF CARE**: Practice self care. Have a bath, go for a walk or try some meditation
- CONNECT**: Connect with some family or friends. Stay in touch with them throughout Christmas
- SLEEP**: Don't stay up too late and manage your sleep. Make sure to get between 7-9hrs a night
- EXERCISE**: Exercise is a great tool for reducing stress and anxiety and boosting mood
- TALK**: Talk to a friend or family member about how you are feeling
- FOOD**: Eat a well balanced diet. Try not to over indulge
- BREATHE**: Christmas can be a stressful period. Take some time to relax
- ACTIVE**: Stay active. Get outside and go for a walk or engage in some fun family activities

Have a plan going into Xmas – don't wait until things get difficult – get everyone on the same page, to reduce the likelihood of conflict & chaos

Without a plan – the best you can do is be emotionally reactive!!

What Drives You to Do What You Do & Say What Your Say...

Having a loved one in addiction sends most in a downward spiral based on FEAR, panic, desperation, uncontrollable stress, conflict, guilt, & unrealistic expectations. From there comes the slow burnout – unable to cope. It is your need to keep them safe, to protect them from the consequences of their lifestyle, & your need for them not to ruin their life. But most of all it is your need to feel better, through getting them to change. Not going to happen – here are a few unrealistic things to stop right now...

- 1. When you think or say they just need to stop doing what they are doing** – you are missing the point completely. Someone in the grip of alcohol or drugs, may be able to stop but they don't know how to stay stopped, change is a process not an instant fix.
- 2. When you set boundaries for their behaviours**, they will try to honour them, when in reality their addicted brain runs the show, regardless of what is agreed, an addict will fail to meet agreed expectations 99.5% of the time.
- 3. Believing rehab or getting them to go to AA or NA is going to create positive change** – think again – most still believe there is not a problem, & no amount of telling them or evidence (thru loss) is going to change that, step back get help for you first...



Creating Different Outcomes via my App

December 2024

Alcohol, Drugs & Change – the app for you. This app is popular with everyone who has been involved in the testing. Testers were people just like you...

Satisfaction with the app content

69.2% rated the app as 5/5

The remaining 30.8% rated the app as 4/5

Quality of the app

61.5% rated the app quality as 5/5

The remaining 38.5% rated the app quality as 4/5

App features

84.6% of testers rated the in app ‘Toolbox’ as the most valuable feature, closely followed by the ‘Heal Yourself’ & the ‘New knowledge’ features

Likelihood of recommending the app to others

92.3% rated the likelihood as 5/5

7.6% rated the likelihood as 4/5

Getting Through Xmas Tip 1

Know Addiction

1. Your loved one uses to feel better
2. Alcohol or drugs have taken control of your loved one's brain - no choice - no common sense
3. This is no one's fault - your loved one didn't plan this, didn't know this would happen....
4. Xmas time - make sure you 'know' the difference

Value Your Loved One....
Zero tolerance for the addicted brains bad behaviour

Getting Through Xmas Tip 2

Manage Addicted Brain Behaviours

1. What's okay or what's not okay for you
2. Who get's to stay & who get's to leave - is up to you
3. Getting into conflict with the addicted brain - is not okay & will achieve nothing - except more conflict
4. Don't try & tell your loved one how you expect them to behave - you are setting them up to fail

Value Your Loved One....
But know the addicted brain only values the drug!!!

Getting Through Xmas Tip 3

Splitting

1. Plan & prepare - be on the same page, playing the game by the same rules
2. If one person isn't on the same page - the drug affected brain will cause chaos
3. Put the problem to the side - if everyone is on the same page for 1 day that is empowering
4. Don't judge, argue or criticise, you just going to fail in acheiving harmony

Value Your Family....
It's not about my way is the right way!!!

Getting Through Xmas Tip 4

Self Awareness

1. Be aware of self - make sure you are not totally focused on the 'problem' - just waiting to pounce
2. We create our own stress - we need to be self-aware of what is behind our actions
3. You get to control your actions - stop looking at others to change so you can feel better...
4. Be humble - take ownership of your part in any disagreement or conflict

If you want peace - then step back & stay quiet!!

Getting Through Xmas Tip 5

Triggers at Xmas

1. Sadness, feeling broken hearted, disappointed - that is okay - it's okay to grieve your loss
2. Alcohol or drugs - steal relationships, steal family, steal lives, steal someones very soul
3. If you are overwhelmed - or feeling anxious - just be kind to you...

Imagine - taking yourself to a calm space, create a picture, increase the good feelings, the colours the calming sounds - capture that space between your thumb & finger

[Click Here](#) get free membership today



A Special Addicts Story - "The Beast"

December 2024

To The Beast, you took away about 30 years of my life,
You made me dysfunctional with all your strife.
You turned me away from the people I cared for,
I always came back to you and wanted more.

I put you before my wife and my kid,
I curse you for the things I did.
The things I stole, people worked hard for,
Just so I could see you and get some more.

I lost my principles and didn't care,
You bought me shame, resentment, and fear.
You made my life a living hell,
From the grace of all good things, I fell.

Early in my childhood I was abused,
From then on, I became the accused.
I was looking for a way to escape the pain,
You saw the opportunity in you came.

I had lost all the innocence I once had,
You gave me a taste and turned me bad.
I forgot about the people I loved,
In my arm a needle I shoved.

The rush went straight to my brain,
From that day on my life's been insane.
You gave me a trip on some L.S.D.,
And conned me that it would set me free.

Innocent people began to fall,
I was led to believe I was walking tall.
You bought me greed, distrust, and hate,
I was led to believe this was my fate.

People that cared for me shunned away,
And all they could do is watch me decay.
You led me to believe you were my lover,
More important than even my mother.

More important than life itself,
Not caring at all about my health.
In my life all things began to fail,
The crime, the violence, the deceit, then jail.

I had to give you everything I had,
And slowly I became crazy and mad.
Even though I knew I could die,
I never really stopped and asked myself why?

All I wanted was to get extremely high,
Have a taste and smoke some fry.
My life became distorted and very feeble,
Just so I could feel the joy of another needle.

All you ever gave me was strife and harm,
You even made me sell the farm.
All for a taste, a burn, or a dac,
On my family and loved ones, I turned my back

Drugs and alcohol became my feast,
My number one love became The Beast.
You Mr. Beast are heartless scum,
But this is one fight you have not won.

You drove me to the depths of despair,
Filled me with utu, hate, and fear.
Now it's time for us to part,
And I say this to you from my heart.

For 30 years you had me under your spell,
For 30 years I lived in your hell.
I chose you over my child and wife,
I thought you were more important than life.

I stole, I lied, I cheated for you,
There is nothing that I wouldn't do.
You were my life, my air, and my heart,
From your bonds and shackles, I could not part.

I stole, I lied, I cheated for you,
There is nothing that I wouldn't do.
You were my life, my air, and my heart,
From your bonds and shackles, I could not part.

For days I would go without food or sleep,
Without you I would just fall into a heap.
I would take risks that are so unreal,
Steal, rob and be violent - all to get another deal.

You didn't care if I got hurt,
To you, I was just a piece of dirt.
I no longer have my insane love for you,
I only want a life that's good and true.

I don't want you around anymore,
So please refrain from knocking at my door.
You took me down to the lowest depths,
Now I have my God and the 12 steps.

In my higher power I now trust,
Good orderly direction is a must.
I now love and care for myself,
My family, friends, and my health.

For the loss of you I don't even shed a tear,
Because now I have love, trust, and self-care.
I have my friends from N.A.,
Who help me live 'just for today'.

Total abstinence is now a must,
In my higher power I will trust.
I know you're there like a thief in the night,
Trying to get me with all your might.

But now I'm ready and most of all I'm aware,
I won't let you lure me into your lair.
You and I will always have a fight,
But now I know what's wrong and what's right.

I now hold a very important key,
I have gifts like self-love, self-care and R.E.B.T.
I used to wake looking for my kit,
Now life itself gives me my hit.

I now awake giving thanks to them above,
The creator and my guardians who gave me love.
I SMART and SWAT my every day,
I'm so thankful for being this way.

Life is short and death is long,
To not enjoy life is so very wrong.
No longer do I feel life sucks and I'm on trial,
I'm a good person and I'm worthwhile.

Thank you to this place for planting a seed,
For giving me the tools I really need.
I no longer need crime, drugs, weed, or fry,
I now have the 12 steps, N.A. and Te Hokinga Mai.

Thanks to the A.T.U. I now have an extended family,
Thanks to all the above for helping me find my sanity.
I now have a zest for a good life,
Away from turmoil, The Beast and strife.

Now the healing has just begun,
It's time to let go and have some fun.
I know you will be trying to feed me temptation,
And always trying to hit me with manipulation.

But now I have the tools to keep me aware,
And the bottom line is, now I care.
To you, The Beast I say my goodbye's,
I'm off to seek and find new highs.

To all my loved ones "Hello" - I'm back,
Give me a chance and you'll see I'm on track.
We have a plan my higher power and me,
Through the 12 steps I can really be free!



Help for You – Rosemary Brown

December
2024

[Click Here & Get Started Today](#)

What to expect when you join the app & work with Rosemary through this resource...

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:

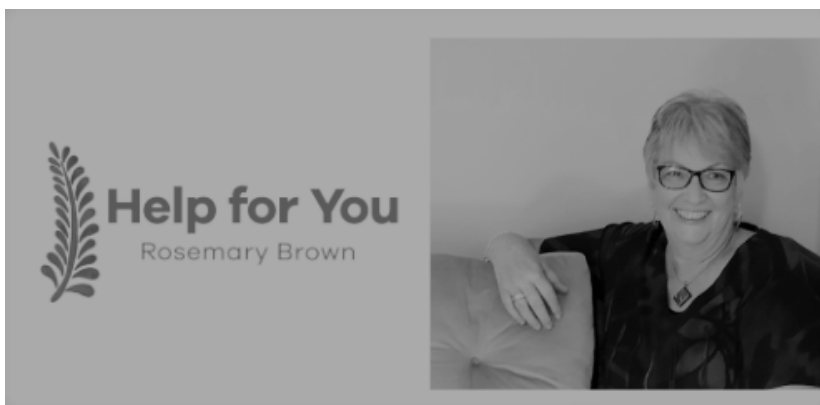
- ✓ *Rosemary is friendly, non-judgmental, and so knowledgeable. The program and sessions have been life changing.*
- ✓ *I found Rosemary to be non-judgmental and committed to help me.*
- ✓ *Rosemary is amazing, easy to talk to, she has a world full of knowledge.*
- ✓ *Rosemary has been a godsend for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



Living how you have lived in 2024 – is probably not the way you want to live in 2025

Working with Rosemary via Alcohol, Drugs & Change – by Rosemary Brown – opens doors for you, & those you care about...

- ✓ **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 – when you do what is right for you – that impacts your loved one in a beneficial way...

Change is not something that just happens, for anyone – change takes commttment, an openness to doing thigs differently & an investment of time and money...

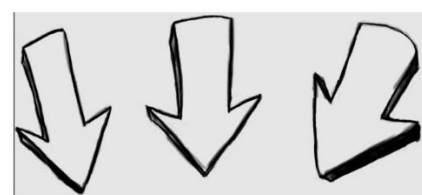


**Creating Positive Change for those
who have a loved one in addiction**

**Move From Desperation
to Motivation**

**Get Rosemary & her
Helpful Tools into your
pocket NOW**

Get Your Free App Here



[Subscribe to Alcohol, Drugs & Change by
Rosemary Brown here...](#)