

 Discovery Series®

MY LOVED ONE IS
STRUGGLING

WHAT DO I DO?



MIKE CORDRY

Created by Our Daily Bread Ministries
in Partnership with Adult & Teen Challenge

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introduction

My Loved One Is Struggling

What Do I Do?

Watching someone you love struggle with addiction can feel overwhelming and disorienting.

However, there are steps you can take to both keep yourself in a healthy place and help the person you love overcome their life-changing struggle. In this booklet produced in collaboration with Adult Teen Challenge, author Mike Cordry offers step-by-step advice on how to help someone through addiction and into

recovery. Cordry shares from his own story of drug addiction and sobriety to paint a picture of hope that, with God's help, anyone can overcome addiction.

by Mike Cordry

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one

Introduction

When someone you love is struggling with addiction, it is common to experience a wide range of emotions such as surprise, fear, anger, and even guilt. The toll caused by concern for their safety, frustration over destructive behavior, and repeatedly broken trust can be enough to tear families and friendships apart. Often, there are financial burdens, legal troubles, and strained communication to worry about. While the challenges an addicted person's family and friends face vary greatly, the feeling of helplessness, fear, and frustration are universal. It is important to remember that you are not alone or to blame, and while you

may be powerless to rescue your loved one, there are steps you can take to encourage and prepare for the moment that they are ready to get help.

I grew up with an alcoholic mother and later struggled with a crippling drug addiction myself, so I understand both the perspective of the addicted person as well as the one who loves them. It is my hope with this booklet to offer some practical tips on how best to support your addicted loved one while protecting your own mind, heart, and emotions.

If your loved one is trying to hide their addiction, or is in denial about their problem, it can be extremely difficult to know what to do. While it is important to proceed with caution and care, it is also crucial that the problem is not ignored. Addiction does not go away with time, and by its nature will get progressively worse. Your loved one is not able to stop on their own and will likely require medical intervention and professional help to start on their recovery journey. Revealing your knowledge of their problem does not mean that they will be ready to get help or even acknowledge their addiction. Regardless of the reaction, bringing the issue into the light is necessary for your own healing to begin, and may save their life in the long run.

The present risk of recreational drug use has never been greater, and the stakes could not be any higher. It has also never been more convenient for people to feed their legal addictions. In response to the COVID-19 pandemic, many of the laws regulating the distribution of prescription drugs and alcohol were relaxed or eliminated. This included allowing doctors to prescribe controlled substances

via telehealth appointments, without an in-person visit. Additionally, lockdowns gave rise to alcohol delivery services, allowing those addicted to alcohol to feed their addiction without ever leaving home.

Addiction can affect anyone, anywhere, and at any age. In the same way, it is important to remember that no one is “too young” or “too old” to seek treatment for their addiction. My mother and I are perfect examples of this. By the time I entered high school, I had already been abusing medication for several years. It started in elementary school, when I started abusing the medication I was prescribed for my attention deficit disorder. I loved the way it made me feel, and it seemed to help fill the sad and empty feelings I felt inside. Even though my medication was disappearing more quickly with each passing month, my father consistently believed every excuse I gave him. It got so bad that he finally purchased a safe for the medication when I entered high school, which I broke into every day. By that point I was buying additional medication from other kids at school and would have benefited from professional help for my addictive behavior.

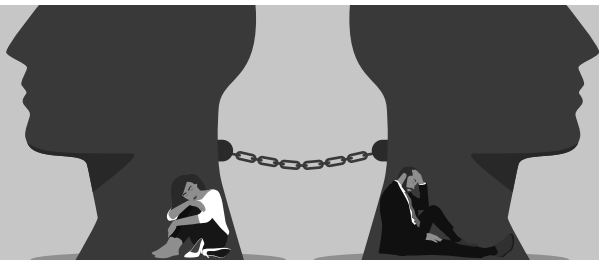
To be clear, I don't blame my father for not getting me help, because at that time it was unheard of to send a fifteen-year-old to addiction treatment. However, had I received the help I needed; I may have avoided much of the heartache that lay ahead. By my senior year in high school, I was an IV drug user, shooting heroin and cocaine in the school bathroom. After I somehow managed to graduate, I spent two years committing crime after crime just to get high. My rock bottom came at the tender age of

twenty, as I lay detoxing in a jail cell facing fourteen felony charges including two armed robberies. I was sure that my life was over, but this was actually the catalyst that gave me a completely new life altogether.

At the other end of the spectrum, my mother became addicted to alcohol in her thirties, when me and my older sister were six and seven years old. My mother had never been a partier or a drinker in her twenties, because she grew up in a conservative home where drinking was frowned upon. However, after taking her first drink at a dinner party, she fell in love with it immediately. Like me, the alcohol seemed to fill up the emptiness she felt in her heart, deadening the pain she felt. The more she drank, the more she needed the numbness it brought. Within a couple of years, she lost everything: her marriage, her kids, and any semblance of a normal life.

Over the next thirty years, she all but disappeared from our lives, reappearing for periods of time when trying to put her life back together, only to disappear into the bottle again. While my sister and I loved her, we were certain that she would die as a drunk and saw no hope for her recovery. As you will see in the following chapters, both my mother and I eventually found freedom from addiction, but only after a long and treacherous journey which led us to the feet of Jesus.

If your loved one is alive, there is hope for their recovery. It is vital to remember that only your loved one can choose to change. These steps are meant to help you stay healthy and whole while putting you in the best position to help your loved one.



two

Stop the Cycle of Enabling and Codependency

One of the most difficult aspects of dealing with a loved one's addiction is knowing what kind of help to give them and when to offer it. People struggling with addiction learn how to get what they need, often at any cost. Often unintentionally, addicted people become masters of manipulation. This is not because they are bad people, but rather because addiction is inherently selfish. They will employ whatever tactic is effective

to get what they want. Addicts will therefore gravitate towards unhealthy, codependent relationships that support their addiction, rather than those that would help them overcome it.

The love a person has for an addicted person may cause otherwise healthy individuals to fall into codependent behavior. Recognizing and understanding these behaviors is crucial for families and friends who want to truly support their loved one's recovery. Here are some common ways people might unintentionally enable addiction.

■ COMMON WAYS PEOPLE ENABLE OTHERS

Denial. Many people either ignore the seriousness of their loved one's addictive behavior or choose to believe that it will resolve on its own, without intervention.

Avoiding conflict. It is natural to not want to confront the addicted person about their substance use. This usually stems from fear of causing conflict.

Financial support. While this of course refers to money given directly to the addicted person, which may be used to purchase drugs and alcohol, providing any financial support to someone in active addiction can be a form of enabling. This includes paying their bills or covering debts incurred due to their addiction and can reduce the natural consequences of their behavior, removing incentives to change.

Covering up. This primarily refers to making excuses for the addicted person's behavior, or even lying to others to cover up their substance use or its consequences but may also include protecting them

from the legal or social ramifications of their actions which prevents them from facing the reality of their problem.

Taking on responsibilities. Completing duties that the addicted person neglects due to their substance use, such as household chores, work obligations, or parenting responsibilities, can enable their continued addiction by removing the need for them to function independently.

Rescuing from consequences. Bailing them out of jail, hiring lawyers to handle DUIs or other legal issues, or intervening in other ways to shield them from the consequences of their actions can prevent them from fully experiencing the repercussions of their addiction.

Prioritizing their needs. Consistently putting the needs and wants of the addicted person above your own health, well-being, or financial security can reinforce their belief that their behavior is acceptable and does not need to change.

These behaviors usually stem from genuine love for the addicted person, but often hurt them in the long-term instead. Those struggling with addiction often have no ability to stop taking from others. However, there are several steps you can take to starve the parasite while continuing to support your loved one. Your loved one will likely need your assistance to get clean and sober, and that should be where your help should be focused.

■ **SETTING BOUNDARIES**

Setting boundaries is the only way to protect yourself and your family from the dangers

surrounding drug addiction. These may be difficult to enforce if you have not done it in the past but are crucial for your well-being and for supporting their journey towards recovery. Boundaries help define what you are comfortable with, how you expect to be treated, and what actions you will take if your boundaries are not respected. Here are some effective boundaries to consider:

No Substance Use Around You. Make it clear that you will not tolerate any drug or alcohol use in your presence or in your home. This helps create a safer and healthier environment for everyone involved.

No Financial Support for Substance Use. Refrain from lending money that could be used to fuel the addiction. This includes paying off debts incurred by substance use. Offer help in other forms, such as paying for treatment directly to the provider.

No Lying or Deceptive Behavior. Communicate that honesty is non-negotiable and that lying or deceptive behavior will not be tolerated. This can include things like stealing, manipulation, or lying about substance use.

Respect for Personal Space and Property. Insist that your personal space and property be respected. This includes not allowing your loved one to take or borrow your belongings without permission, especially if it's to support their addiction.

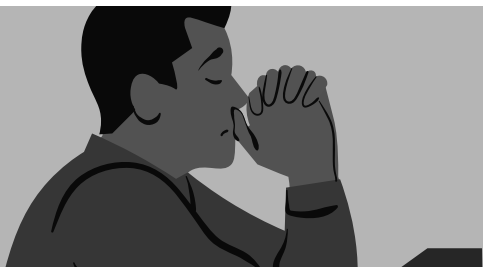
Consequences for Violent or Abusive Behavior. State explicitly that any form of violence or abuse (physical, emotional, verbal) is unacceptable and will have immediate consequences, such as involving law enforcement or taking steps towards separation.

Self-Care and Personal Time. Prioritize your own well-being by setting boundaries around your time for self-care, work, hobbies, and other relationships. It's essential to maintain your health and happiness to be able to support your loved one effectively.

Limiting Rescue Behaviors. Decide in advance what you are not willing to do to “rescue” your loved one from the natural consequences of their actions. This might mean not bailing them out of jail, not paying legal fees, or not intervening in disputes caused by their addiction.

Clear Communication of Boundaries. Make sure to clearly communicate these boundaries to your loved one, ideally at a time when they are sober and more receptive to listening. Be clear about the consequences of crossing these boundaries.

Remember when setting these boundaries that consistency is key. If a boundary is crossed or even tested, follow through with the stated consequence. This might be difficult, but it's crucial for the boundaries to be effective. If you have a support system, ask for help in seeing the consequences through. In many cases, an addicted person will lash out when met with the consequence of a crossed boundary and may do everything in their power to make you feel guilty for whatever decision they make next. It is important to not take these reactions to heart. Boundaries are not about controlling your loved one but about protecting your well-being and creating a healthier dynamic that can potentially encourage your loved one to seek help. Sometimes this means removing yourself completely from your loved one's life.



three

Connect with God

Nothing is more powerful than prayer, which is an essential part of Christian faith for many reasons. Examples of its importance are found throughout God's Word. Jesus himself urged his disciples to live in a state of communion with our Father in heaven, praying for each other and the world. Lifting your loved one up may be difficult, or may seem to do no good immediately, but it is the single best thing we can do for each other. We may not see the difference it makes immediately, but trusting in things we cannot see in our earthly bodies is the cornerstone of faith. Lifting others up in prayer helps us to connect spiritually

with those who are not with us physically and will increase our love for them.

When in prayer, make sure not to ignore the ugly stuff that you're dealing with. Honesty is vitally important in any earthly relationship and should be no different in our relationship with the Lord. While they are not quoted as often as other Scriptures, many heroes of the Bible screamed their displeasure to the heavens. When dealing with a loved one who is addicted, it is completely normal to feel any number of emotions including anger, frustration, and even despair. When we bring all our fears, doubts, and anxieties to our Creator, they lose their power to control us. Contrary to what many think, the Lord always welcomes this type of honest communion. He will often reward this type of candor by removing these bitter feelings from our hearts entirely, replacing them with divine peace.

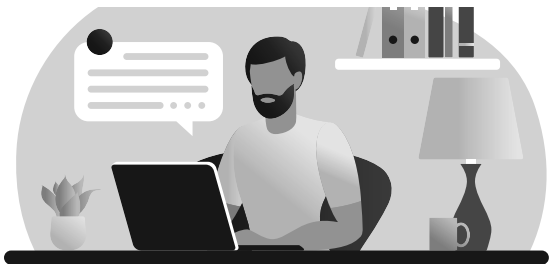
Prayer should also be a time to listen and receive from the Lord. When we sit still and quiet, our hearts and minds may be filled by our Creator, often giving us a completely new feeling about a situation. There is nothing more refreshing than the heavenly clarity and divine perspective given by the Holy Spirit. As we relinquish our perceived control over others and remember that God is sovereign, the stress and worry that takes such a heavy toll on us is also lifted.

I believe that it was the prayer of a stranger that saved my life. As I was booked into Middlesex County Jail in June 2004, I knew my life was over. As I mentioned before, I was suffering through withdrawals and had no hope of getting bailed out. I had burned every bridge and didn't even bother calling anyone to

try. However, as I entered the cramped two-man cell, I was met by a kind and compassionate man named Karl.

Over the course of the following weeks, Karl shared his own story of addiction and his Christian faith. He had started a program called Adult & Teen Challenge which taught him how faith could help him overcome his addiction. He had left the program too early, and had relapsed shortly after, but he was eager to return and finish. As the pain of withdrawals wracked my body, Karl constantly prayed over me. I was a devout atheist but couldn't help appreciating the love he showed for me. My father eventually found out where I was and bailed me out of the two counties where I was facing charges, insisting that I find a program. I was rejected by dozens of places, until I reluctantly entered the program that Karl suggested, Adult & Teen Challenge in Brockton, Massachusetts.

Over the ensuing fifteen months, my life started to change dramatically for the positive, and I continued to be reminded of my mother's addiction. As I found faith in the program, I began to lift her up to God in daily prayer. However, despite all of the amazing things God was doing in my own life, I had little faith that my mother would ever find freedom from alcoholism. I just knew her too well. However, I also trusted the men around me to pray for her, and I believe it was their faith that truly began to work on her heart over the course of the following year.



four

Get Educated about Addiction

Understanding your loved one's addiction and addictive behavior can be difficult, especially for those who have never personally experienced it, but learning about it can benefit both you and your loved one. The more you know about the biological, psychological, and social aspects of addiction, the better you will understand what your loved one is going through. It will also help improve communication with those dealing with addiction. Knowing the signs of active addiction and relapse can help you determine the

best course of action. Exploring which treatment options are available can help you when your loved one is ready to get help. The more you know, the more you can effectively advocate on your loved one's behalf.

There is an abundance of resources available to families of people struggling with addiction. Here are some we recommend exploring:

Online. There are thousands of free online articles that will help you understand addiction and recovery, such as drugabuse.gov, celebraterecovery.com, familiesanonymous.org, and rehab.org.

Books and Literature. Reading a book can offer so much insight into addiction, whether you are strictly looking for information about how addiction works, or a personal memoir to better understand what your loved one is going through, there are hundreds of books available to read or listen to. I suggest *Breathing Under Water: Spirituality and the Twelve Steps*, by Richard Rohr and *Addiction and Grace: Love and Spirituality in the Healing of Addictions*, by Gerald G. May.

Support Groups. Going to a support group can help you learn from others what they've done to support their loved ones. These groups can also help you find healing and navigate the complex issues associated with having an addicted loved one. Here are some groups that you should look into:

- **Al-Anon:** Al-Anon is an organization dedicated for families of people who struggle with alcohol addiction.

- **Nar-Anon Family Groups:** Nar-Anon is a sister-organization designed for the families of those struggling with drug addiction.
- **Families Anonymous:** A Christian 12-step fellowship for the family and friends of those individuals with drug, alcohol or related behavioral issues.

Podcasts and Videos. Podcasts and videos can be an excellent format to learn about addiction and recovery from multiple perspectives. Here are a few to check out:

- *The Recovery Show with Rami and Ashley.* Hosts Rami and Ashley discuss various aspects of recovery through a Christian lens, offering encouragement and practical advice.
- *Sober Speak: Alcoholics Anonymous Recovery Interviews.* This podcast features interviews with people in recovery, many of whom share their Christian faith and how it has helped them in their journey.
- *Celebrate Recovery Official Podcast.* Celebrate Recovery's official podcast provides insights into the Celebrate Recovery program, personal testimonies, and discussions on various recovery topics from a Christian perspective.

Volunteering. Getting involved with a recovery organization can offer practical insights into what it's like to be an addict. Here are some places you may be able to volunteer:

- **Celebrate Recovery.** Volunteers can assist with leading small groups, organizing events, and providing mentorship.
- **AA & NA.** Volunteers can help by supporting local meetings, offering transportation, or providing sponsorship to individuals in recovery.
- **Adult & Teen Challenge.** Volunteers can support this Christian-based organization by helping with vocational training programs, mentoring, and administrative work.
- **The Salvation Army.** The Salvation Army offers various rehabilitation programs where volunteers can assist with mentorship, administrative tasks, and event organization.

These resources are an excellent way to start, but the best way to understand your loved one's addiction is by asking them directly. While they may not be open to it right away, ask them if they are willing to have a discussion to help you understand their addiction better. Approaching them with heartfelt concern and non-judgmental questions is essential. Make sure that you pray before asking these questions, because the answers may be difficult to hear. Addiction takes people to impossibly dark places and causes them to do some very dark things. When you live in the darkness, you naturally recoil from any light. It is important not to press them about the sins and crimes they've committed to get high. Many addicted people do whatever they can to avoid facing the things they've done and have

learned to lie about just about everything to protect themselves from the pain of reality.

If your loved one is willing to talk to you, focus on questions that convey your concern for them and their well-being. Here are some examples of the types of questions that you should ask:

- Can you share with me what you're going through?
- What do you think led you to start using?
- How has your addiction affected your life?
- What makes the thought of getting off drugs too difficult to bear?
- Have you thought about getting help?
- What are your hopes for the future?

Understanding addiction and equipping yourself with knowledge are vital steps in supporting your loved one on their path to recovery. By exploring various resources, having open and compassionate conversations, and learning about treatment options, you can become a powerful advocate for their health and well-being. Of course, this type of open dialogue is not always possible, especially for individuals who refuse to acknowledge their problem. In the next section, we will discuss what to consider when discussing treatment options for your loved one, as well as some strategies for handling a loved one who is in denial about their addiction.



five

Discuss Treatment Options

When your loved one decides to seek help, it's crucial to have some treatment options ready. Since each person's addiction is unique, the appropriate treatment will vary based on individual needs. The type of help your loved one requires will depend on several factors. Here are some of the things to consider while researching:

■ TYPES OF PROGRAMS:

Detox Programs. If your loved one is abusing drugs or alcohol daily, they will likely need to go to a detox

program prior to getting further treatment. These programs provide medical supervision during the withdrawal process to ensure safety and comfort. These programs generally last between three to ten days, depending on your loved one's insurance.

Outpatient Programs. Outpatient treatment programs allow an individual to live at home while attending therapy sessions regularly. These programs work well for those whose addiction is less severe and who do not require intensive medical or psychiatric supervision. Outpatient programs also work best for individuals with a high level of motivation to get better, a comprehensive support system, and a safe, stable living situation. The benefit of these programs is that they do not require an interruption of family, work, and educational responsibilities.

Inpatient Programs. Inpatient programs require an individual to live in a facility for a longer period of time. These programs work best for individuals who have a severe or long-term addiction that has impacted their physical, mental, and emotional well-being. Inpatient programs are also better equipped to help those who have had multiple relapses or co-occurring mental health disorders which require integrated treatment. Inpatient programs offer a safe and structured environment with around-the-clock medical, emotional, and spiritual support. They also offer more comprehensive therapy and psychiatric care than outpatient programs, which includes learning and practicing coping skills to avoid relapse.

■ THERAPEUTIC APPROACH

Medication-Assisted Treatment (MAT). Both inpatient and outpatient programs may offer the use of FDA-approved medications to treat substance use disorders, often in combination with counseling and behavioral therapies. The primary goal of MAT is to reduce withdrawal symptoms and cravings, stabilize brain chemistry, and normalize body functions without the euphoric effects of the substance being treated. Common medications include methadone, buprenorphine, and naltrexone for opioid addiction, and acamprosate, disulfiram, and naltrexone for alcohol addiction. The major benefit of MAT is the reduction in the risk of overdose. However, many of these medications can be misused and often cause dependence. Most of these medications are also controlled substances and must be taken under the supervision of medical professionals.

Cognitive Behavioral Therapy (CBT). CBT is a type of psychotherapy that focuses on identifying and changing negative thought patterns and behaviors associated with substance use. The primary goal of this type of therapy is to help individuals understand the relationship between their thoughts, feelings, and behaviors, and to develop healthier coping mechanisms. Cognitive Behavioral Therapy works by helping individuals recognize and change distorted thinking patterns and behaviors that contribute to their substance use. It aims to enhance self-control, build coping strategies, and improve emotional regulation. The benefit of CBT is that it addresses

the underlying psychological and emotional issues behind substance use.

■ SERVICES OFFERED

Legal Assistance. Those receiving treatment often must face legal issues stemming from their addiction. It is important to know whether the program offers proactive help to resolve these issues, including transportation to and from court.

Spiritual Guidance. Many programs do not encourage or address the spiritual needs of individuals receiving treatment. It is important to determine whether a treatment program incorporates and supports spiritual growth as a component of the recovery process.

Family Involvement. Programs that involve family members can be beneficial, as addiction affects not just the individual but also their loved ones. Family therapy and education can provide support and improve the chances of recovery.

Aftercare and Support. Recovery doesn't end after initial treatment. Discuss aftercare options such as ongoing therapy, support groups, and sober living environments to help maintain sobriety.

■ OTHER CONSIDERATIONS

Cost and Insurance. Consider the cost of treatment and what insurance will cover. Some facilities offer sliding scale fees or financial assistance programs. Some faith-based programs may not accept insurance but may be more flexible and affordable than alternative treatments.

Program Length. Treatment programs can vary in length, from 30 days to several months or even longer. The duration should be based on the specific needs of the person in question.

Reviews and Testimonials. Research reviews and testimonials from former patients and their families to get a sense of the program's effectiveness and reputation.

By discussing these treatment options with your loved one and choosing one that you both agree on, you can better ensure their journey to recovery is supported by a program that meets their specific needs. This collaborative approach helps create a solid foundation for lasting recovery and a healthier future.

While that approach may work for those who are ready for treatment, what about individuals who are in denial about their addiction? While it can be so evident to the people around them that they are in crisis, they may remain either woefully unaware of the severity of their problem or are unable to face the fact that they are dependent on drugs. Denial is a defense mechanism that protects them from the emotional pain of acknowledging their addiction and its consequences. Admitting they have a problem would mean facing all these harsh realities simultaneously.

Addiction can also alter brain function, particularly in areas responsible for judgment, decision making, learning and memory, and behavior control. These changes can impair an individual's ability to assess their situation realistically, leading to minimized understanding of the severity of their

condition. Even when someone does realize the severity of their addiction, they may believe that they are the only one who knows about it. This is especially true for individuals that are functional in their addiction. In this case, it may be necessary to have an intervention for your loved one.

Staging an intervention should be carefully planned to be effective. Here are some steps to take to help you:

Form a Team: Gather a small group of people who are important to the person struggling with addiction. This group can include family members, close friends, and possibly a professional interventionist. Ensure everyone involved is committed to the process and willing to follow the plan.

Rehearse: If possible, have everyone practice what they will say to stay focused and manage emotions during the actual intervention.

Write Impact Statements: Each member of the intervention team should prepare a statement that describes how the person's addiction has affected them personally. These statements should be heartfelt and avoid blame or anger. If a member of the team has difficulty not expressing anger, it may be best for them not to share.

Figure Out Logistics: Be prepared to offer immediate help and logistics, such as transportation to a treatment facility.

Stay Calm and Compassionate: During the intervention, speak with love and concern. Avoid yelling, blaming, or criticizing. The goal is to encourage the person to see the impact of their

addiction and accept help, not to make them feel attacked.

Set Clear Boundaries: As discussed previously, it is important to communicate the consequences if the person refuses to seek help. These boundaries should be reasonable and enforceable. Ensure that everyone involved is prepared to follow through on these boundaries.

Consider a Professional: Consider reaching out to a professional interventionist that specializes in guiding the process and mediating conflict.

As stated before, only your loved one can choose to get help, but your support and understanding can make a significant difference in their willingness to take that first step. By approaching them with empathy, patience, and a well-prepared plan, you create an environment where your loved one can feel safe and supported. Remember, you are not alone in this process; there are many resources and professionals available to guide you and provide the necessary support. Trust in the power of love, prayer, and community as you navigate this journey together, always holding on to hope and faith.



six

Care for Yourself

Dealing with the stress and worry that accompanies an addicted loved one can be as debilitating as the addiction itself. Prioritizing your own mental, physical, emotional, and spiritual health is extremely important. Like a walking catastrophe, an addicted person can unintentionally bring chaos and unrest wherever they go. Even the strongest families can be torn apart by constant crises. Taking care of yourself enables you to better support your loved one and helps maintain your own well-being amidst the challenges. In addition to the steps above, here are some tips to keeping yourself healthy:

- **Get Support.** Groups such as Celebrate Recovery, Al-Anon, Nar-Anon, and Ready Now offer resources specifically meant for the loved ones of addicted people. Hearing what others have gone through and how they coped with addiction can be invaluable. Also consider individual and/or family counseling to help navigate your feelings, develop coping strategies, and maintain your mental health.
- **Keep Traditions and Hobbies.** It is easy to lose your sense of self when dealing with an addicted person. For the friends and family of an addicted person, it can be difficult to celebrate a specific holiday or tradition, especially without them. However, it is important to try to do the things you love, as they will improve your mental health.
- **Release Stress** - There are many ways to relieve stress including exercising, journaling, praying, and meditating. Make sure to get outside and enjoy some fresh air. Get enough rest, and don't forget to relax.
- **Foster Your Other Relationships.** Make sure not to isolate yourself. Spend time with supportive friends and family members who can offer emotional support and a sense of normalcy. Keep up with your social calendar.
- **Set Realistic Expectations.** Understand that recovery is a long and often challenging process. Set realistic expectations for your loved one's

progress and for your own emotional responses. Acknowledge and celebrate small victories and progress, both for your loved one and for yourself. Recognize the efforts you are making to care for yourself and support your family member.



seven

Conclusion

Dealing with a loved one's addiction is a daunting and emotionally taxing journey, but it must be undertaken with hope, faith, and a firm commitment to action. As Hebrews 11:1 reminds us, "Now faith is confidence in what we hope for and assurance about what we do not see." We may not always see the immediate impact of our efforts or the workings of God's plan, but we can trust that our actions, grounded in faith and love, will make a difference.

Remember, you are not alone. There is a community of support available to you, including support groups and professional resources. It is

crucial to prioritize your own well-being while offering the best possible support to your loved one. Set healthy boundaries, get educated about addiction, and connect with God through prayer, devotions, and fellowship. Your strength and resilience can create an environment that encourages healing.

I hope that these steps will provide some structured guidance and peace in dealing with a universally chaotic situation. While careful preparation is helpful, remember that there is no such thing as a perfect plan. Your loved one is not likely to take steps to address their problem on their own, which is why it is crucial for you to act. Just as treating a physical wound can cause pain, such as applying antiseptic or getting stitches, ignoring it could lead to infection or even death. Similarly, when confronted, your loved one may react with anger and defensiveness. However, your willingness to address the issue will demonstrate the depth of your love and concern, even if it doesn't lead to immediate repentance.

In my own recovery, I was completely unmotivated by the fears my family had for me, because I felt their fear was misplaced and that I had everything under control. Yet the love that they showed for me at my rock bottom was undeniable, and was enough to make me finally want to change. Be encouraged that no matter the length or severity of their addiction, there is always hope. Trust the Lord by casting your fears upon him and you will experience his peace and joy. No one cares more about your loved one than the God who created them, and no one is ever beyond his reach.

FIND MORE RESOURCES FROM OUR DAILY BREAD MINISTRIES



SCAN HERE or visit
go.oddb.org/ds-atc-25



Freedom from addiction starts here.

 Adult & Teen Challenge

**PUTTING
HOPE
WITHIN**
REACH THROUGH THE
POWER
OF JESUS CHRIST



teenchallengeusa.org
855-END-ADDICTION

What do we do when someone we love is struggling with life-controlling issues?

In this booklet discover step-by-step advice on how to both keep yourself in a healthy place and help the person you love overcome their addiction. Listen to stories of sobriety and recovery from drug addiction to paint a picture of hope that, with God's help, anyone can overcome addiction.

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