

Recovery Road Map ~ Helping Others Philosophy

1. Ultimately the addicted person needs to be allowed to be both responsible and accountable for their choices (*good and bad*) in life, and needs to be able to face the consequences of those choices.
2. Avoid or stop enabling the addicted person. Enabling is knowingly making it possible for the addicted person to continue to use alcohol or drugs or act out their behavioral addiction. This is often done by: providing money, paying off their drug debts, lying or covering up for them, using with them (*joining in*), or allowing them to use around you or at your home (*parents -> teens*), or keeping secrets about the addict's behavior.
3. Avoid or break any patterns of codependency with the addicted person. Codependency is a pattern of trying to control others for their own good, which ends up being bad for yourself and for the relationship.
4. While a substance use or behavioral addiction may start out as a choice, once the neurobiological reward system gets engaged, the addicted person often needs significant help and ongoing support to recover from the disease.
5. It is important for people "*in recovery*," to work on their life issues that may have influenced their becoming addicted to alcohol, drugs, or addictive behaviors.
6. At some point the person "*in recovery*" needs to stop defining themselves as "*an addict*," and realize that as a human being they are so much more than one narrow aspect of their life.