

What Parents in the Support Groups Told Us

What Worked	What Didn't Work
Follow through - don't quit or give in	Anger - is met with anger and resentment
Maintain boundaries and consequences	Begging - trying to control them
Breathe, relax, let go - Detach with love	"Trying to make things right"
Don't react (pause, respond when ready)	Grounding/Punishing (age dependent)
Let them experience/feel consequences	Reasoning, Lecturing - they're not rational
Slogans - e.g., "keep coming back"	Not Working Together w/ partner
Higher Power/Support their "spirituality"	Spying - being the detective
Meetings - peer support (parents)	Being their "best friend" - be their parent
Work a program - process of repetition	Being a "Poor Role Model" - they see us
Therapist/psychiatrist—accurate diagnosis	Mistaken therapy (<u>use addiction specialist!</u>)
Rehab—follow expert advice	Rescue - School, jail, jobs, etc.
Real expectations - no "magical thinking"	Giving them Money - #1 enabling behavior
Get out of their way	Feel sorry for them (they will manipulate)
Be on the same page as spouse/partner	Denial - the problem doesn't just go away
Reset priorities - family, job, friends...	Negotiating - they never hold up their end
Don't take on their issues - let them work	Being Inconsistent - promotes manipulation
Self-care and focus on other family	Have hope alone - need to change, to act
Leave the house (enforce boundaries)	Isolation - isolation is a killer, need a tribe
Physical separation - time and space	Trust - they can't be trusted when using
Set and Uphold reciprocal rules (respect)	Fear - they're more afraid of getting clean
Intervention - with professional help	Guiltting them into changing their behavior
Seek support - don't do this on your own	Misguided Love - show your love differently

Ref: <https://conversation.zone/wp-content/uploads/2015/07/1StandingInTheStorm.pdf>