



# HELP FOR YOU

Jan / Feb 2024

## Overcoming a Loved One's Addiction

By Rosemary Brown

### Addicts, Alcoholics, Addiction & Reality....

Welcome to 2024, here at Help for You – Rosemary Brown. I am thinking as I create this Newsletter what 2024 holds for me, and I'm wondering what it holds for you and your loved one too.

Those impacted by addiction arrive on their Discovery Call, often not sure what they want or need, but sure they cannot keep living in this chaotic state of turmoil. I hear their heartbreak in their words, I notice their fear in the stories they are telling me, and the desperation in every part of them, terrified of what the future holds.

This is 'my' son, or this is 'my' daughter, or my grandchild or husband, wife, or partner. I can almost visualise the heart felt unbreakable cables of love that connect them to the sheer destruction of alcohol or drugs.

As we explore together the reality of addiction, the cold hard facts of how alcohol and drugs are affecting their loved one's brain, there is a little sparkle of new learning and understanding. Their body language shifts, hope dashes fleetingly in their eyes, and now there is a need for the magic potion to change it all.

As I let them know there is no magic potion to change this, often I see their heads drop in disappointment. Alcohol and drugs are like a cancer, they get in, find a place to start the journey of destruction and slowly consume the very core of the person drinking or using.

This is a slow burn of self-destruction for those who care too. Those who care begin their own journey, stress rises, and the beginning of the end enters the fiery hell of having a loved one in addiction. I see the emotional toll addiction it takes on families, on children, and on connections with others, 'no one understands' is common.

Bewildered, looking at me, wanting me to understand, wanting someone to hear their pain and their deepest fears, I recognise they need a lifeline, an oxygen mask, or a safe quiet place to moor their lifeboat in the storm, they need help, and they need support to survive.

### Don't Give Up, wise up instead...

Having a loved one in addiction is a cold and lonely place at times. Nothing has prepared you for this journey, seeing someone you care about slowly destroying their lives is devastating.

When your heart is breaking for someone who is broken, but your words can't reach them and your love can't save them, ask the angels to go where you cannot. To whisper into their heart what their ears can't hear: "We will not give up on you. Don't give up on yourself."

-Sandra Kring

THE WISE YOU

The first step in influencing positive change for your loved one is for you to get the help you need, for you to be prepared to face yourself in your own unwellness, and to commit to change.

**Don't give up on yourself - Get yourself well!  
Your loved one will thank you for that.**

### Knowing Addiction

Professionals know their job - right?  
But do all professionals know and understand addiction?

Every Addict or Alcoholic I have ever met is a mirror of the first, a mirror of the one I saw the day before and a mirror of the next one I am told about in a Discovery Call. As are those who care, they too mirror others in the same boat, sailing the same rough seas, trying to paddle out of the storm with one oar, but nothing is working, the boat is just going around in circles.

Unanimously the most difficult hurdle for those who care is to climb over the mountain of emotions they are feeling, allowing themselves to recognise the person they are dealing with is no longer the loved one they used to know. This is no longer their son or daughter; partner or friend, this is an addict, this is addiction, and it has wormed its way into your family. There is pain of alcohol or drugs etched into the road of their journey and your journey too.

Addiction erodes a person's values, those dead against drug use, suddenly are using, honesty is lost in their addicted brains, desperation to feed the 'habit' drives their actions. Addiction erodes your values too, you accept abuse, illegal behaviour, you accept many myths about addiction, and you have only one focus, to find someone or something to fix them.

**The real issue is you can only see your loved one, not the addict.  
And you respond accordingly.**



# The Addict in Addiction

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No matter how you see it, this is what addiction and the addict look like



## The addicted brain is the same...

Alcohol or drugs are an unhealthy way of dealing with life's problems and pain. The only reason someone drinks or drugs is to feel better...no one drinks or drugs because they want to feel worse, yet often the outcomes of these actions do cause more damage in their lives and addicts can become trapped in the never-ending cycle, of the pain of addiction.

Often when an addict gains clean time or sobriety they feel uncomfortable, they feel like a fish out of water, almost like I don't belong here. When really their addicted brain is pushing gently, or pounding your loved one with a hammer, to drink or drug again. This is a fight for control, and most often the addicted brain wins.

The addicted brain does not care, the addicted brain is incapable of using common sense as a driver of good choices and actions, it is like an alien being has taken control.

## What's in the top drawer of an addict's toolbox is the same...

As I go forward in life, I notice sometimes it's smooth sailing, sometimes the seas are choppy, and I have met some of the most challenging storm's head on. Living 'life on life's terms' can leave you battered and bruised, you can feel like you won't survive, you are screaming out for help, but no one hears your desperate cries.

An addict's life is no different, they are challenged to live 'life on life's terms' too, but addicts generally have few healthy coping strategies in their toolbox. I know too you only have what you have in your toolbox right now.

It is imperative that those who are impacted right now by addiction gain new and more beneficial tools, to navigate this situation. This starts with you, new tools, new ways of thinking and feeling will set you up for a better life, these new tools are transferable, once you know how to use them.

Having tools that are fit for the job is empowering, reusing old tools that are not fit for the job, usually ends up back where you started, only worse. You don't need to walk away; you need a solution.



## The response to emotions is the same...

I teach the value of emotions, your emotions are your most valuable tool, they are your database, they alert you when something is not right for you.

Addicts can't tolerate their emotions; they have little resilience to feeling not okay. Getting through the savage journey life has mapped out for them is dramatic and chaotic, their addicted brain is running the show, leaving them stuck in the powerlessness of addiction.

Those who care get overwhelmed by that sense of powerlessness, with the old foe 'addiction' maintaining control. An addict's brain will use threats, manipulation, gas-lighting, abuse, and will create untrue stories to play on your fears, all to support the status quo.

**An addict's brain has no conscience & no interest in changing.**

Rosemary is releasing a new course on 1 April 2024, solely focused on building your resilience [Click Here to enrol](#) & get enjoy your pre launch sale price of AU\$397.00



# A Different Point of View

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## “A few things simple questions”

**Addiction changes the focus of the family, and the addicted person becomes ‘the problem’.**

**Q: Do you notice you or others regard the addicted loved one as ‘the problem’**

Click the box to answer

Yes  No

**Q: When you think about your loved one, do you notice the pain in your heart?**

Click the box to answer

Yes  No

**Q: Do you believe your loved one can change?**

Click the box to answer

Yes  No

**Q: Do you recognise that you may be the only one right now who can support positive change?**

Click the box to answer

Yes  No

**Q: Are you ready to do whatever it takes to allow your loved one the best opportunity for change?**

Click the box to answer

Yes  No

**Q: Do you believe you can change?**

Click the box to answer

Yes  No

**Q: Is addiction slowly killing you too?**

Click the box to answer

Yes  No

**Q: Is it time to dip your toe in the water and take a leap of faith toward positive change?**

Click the box to answer

Yes  No

### **Eight simple Questions –**

That you have probably answered ‘Yes’ to at least 50% of them. Is it time you engaged in positive change for you?

Your journey toward a better life, without abandoning your loved one – mirrors their journey toward a better life without drugs or alcohol.

**Get professional help from  
Help for You – Rosemary Brown.**

## ***‘Doing What’s Easiest’ overshadows ‘Doing What’s Right’***

It’s often easiest to keep the status quo, to continue to believe nothing can be done, by you for you, your family and your loved one.

To believe the ‘system’ is going to meet the needs of your loved one is like believing there is a pot of gold at the end of the rainbow.

If you are living with ‘addiction’ in your life, not as an addict, rather as someone who cares, you already know rehab, counselling services, hospitals and mental health all have little ability to support you your loved one in positive change.

It’s the old revolving door, going around in circles. Most addicts or alcoholics believe they can control their addiction or can stop and stay stopped – they just don’t want to do that right now.

**Again, this is easier than looking at the reality of addiction.**



The system is broken, there is no self-reflection – only blame and finding fault. We have all heard the reasons rehab, mental health and community services give around their low rates of success, they are in denial, the family is enabling them, they aren’t ready for change, implications are – ‘it is the addicts fault and the family’s fault’.

Absolutely nothing empowering for addicts or their family members – just more hopelessness, desperation, and pain.

Explore being the instigator of positive change in your own life.

**After all, if you aren’t prepared to learn a different way – how can you expect your loved one to learn a different way.**



# Help for You – Rosemary Brown

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**Explore Creating a Different 2024 for you and your loved one.**

Pre enrol for your Online Building Resilience Course

[ENROL HERE](#)

**& only pay \$397.00 (Afterpay available)**

### 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:

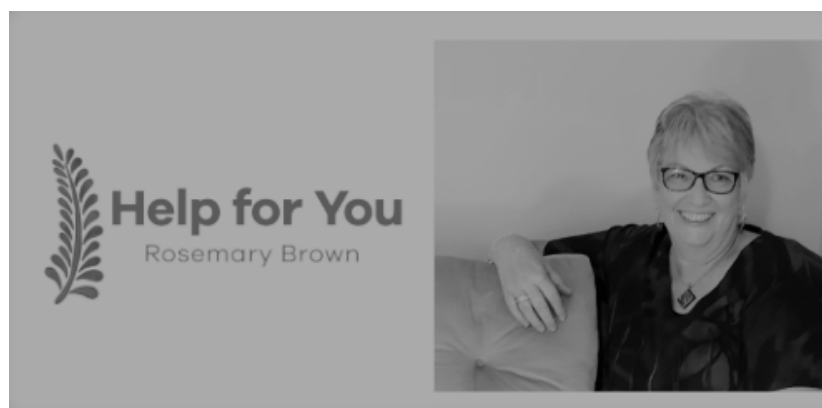
- ✓ Rosemary is friendly, non-judgmental, and so knowledgeable. The program and sessions have been life changing.
- ✓ I found Rosemary to be non-judgmental and committed to help me.
- ✓ Rosemary is amazing, easy to talk to, she has a world full of knowledge.
- ✓ Rosemary has been a godsend for me, I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

Has connected with more than 765 contacts in the 3 ½ years she has been working solely online, enabling those who are struggling to receive relevant helpful information, supportive education and to achieve positive change.

Connect with Rosemary and join the community today.

Rosemary is available now with resources to support you in your journey.....



### Building Resilience

**This is something we all need in life.**

**Alcohol, Drugs & Change  
Building Resilience**

This *Help for You - Rosemary Brown* online training empowers you to create Resilience within self, in the face of the current drama, turmoil & chaos created when you have a loved one in addiction.

Resilience is a dynamic process, that allows you to move from the negative focus in your current situation, to a positive more beneficial approach.

When you master resilience, it becomes a transferable skill you can use, and role model to your loved one.

### What you gain through this course.....

- ✓ An instant connection with the power of a stormy sea, and how to navigate that in the most beneficial way.
- ✓ You will grow into a skillful captain, sailing the rough seas, with minimal effort & stress.
- ✓ You will immediately recognise where your attention and focus is best placed, to give you the best outcomes.
- ✓ You will be able to influence your thinking in a positive way, not through fighting your unhelpful thoughts, but by using a 'thoughts as clouds' technique.
- ✓ You will review your current coping strategies and create new more helpful strategies that work for you.
- ✓ You will know what you can and cannot control in your situation, finding the right balance that is helpful for you.
- ✓ You will have created your personalised Resilience Plan, that will strengthen your wellness and your approach to your current chaotic situation.

[Click Here](#) to enrol

**Take Advantage of the pre release offer**

**Early Bird Price AU\$397.00**

**Pre order your Alcohol, Drugs & Change –  
Building Resilience Course**

### Rosemary is qualified.

Post Graduate Diploma Māori Health  
Graduate Certificate in Supervision  
Bachelor of Applied Social Sciences (Counselling)

Master Practitioner in Neuro Linguistic Programming  
Multiple Brain Coach

Previous registration  
ACA Level 4 Registered Counsellor  
NZAC Full Membership  
DAPAANZ Registered Practitioner