



HELP FOR YOU

July / Aug
2022

Overcoming a Loved One's Addiction

The Scoop of the Month

'Family Led Change'

Developed by Rosemary Brown

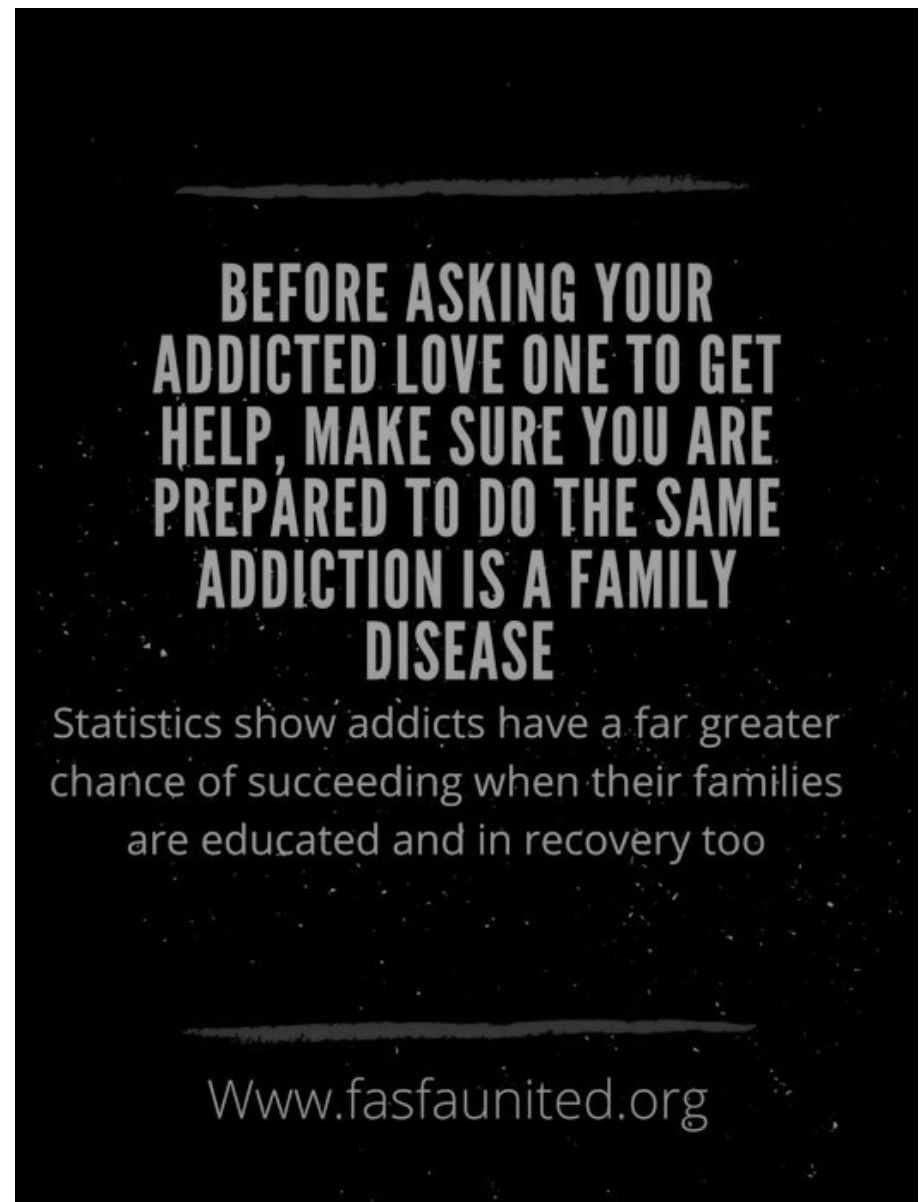
Family is often regarded as 'powerless' over their loved one's addiction and the 'traditional system' continues to repeat the disempowering messages, "you can't help them" and in the next breath "you need to stop enabling them".

Which is it?? If you can't help them, how come you have the power and ability to enable them?? These two simple statements are the biggest cause of stress and distress when you have a loved one in addiction.

The internal conflict around enabling, the conflict within the family looking for a reason and at times someone to blame, places extreme stress on those who care – and there is not a lot of meaningful help and support for family members.

For every one person in addiction at least 9 others who care are impacted - mothers, fathers, sisters, brothers, wives, husbands, partners, and friends. **Those who care are 'Natural Supports'.**

Family Led Change – is possible. When those who care get well themselves and are educated in how to influence positive change for their loved one – everyone experiences a change for the better.



That's What We Do Here at Help for You - Rosemary Brown

Given that the 'traditional system' is broken & struggling to create long term sustainable change for those in community who use alcohol or drugs, it would be sensible to link with the persons '**Natural Supports**' to achieve better outcomes.

Through brief intervention, we enable those who care, to escape the trauma and the emotional roller coaster of having a loved one using alcohol or drugs. Being able to step back from the emotionally driven chaos allows you to feel better and start having fun in your life again.

I always say, "if you only know one way of doing things – then that is what you will always do". It is important to learn a better way to be in your relationship with your loved one – if you do not learn this, you stick by the 'old messages' and the 'old communication styles', that leave you feeling fearful, stressed, alone and desperate. This is the stuff that creates high levels of stress, it tears families apart, and is killing you.

It can be difficult to accept, that by changing and getting yourself well, you immediately change how you are in relation to this issue. It doesn't matter if you have contact with your loved one or not at this time, you engaging in positive change for yourself, is a key to influencing positive change for your loved one.

Some tend to shy away from making a commitment to do the work they need to do, while still expecting their loved one to do the work they need to do. This is counter-productive – this is your life too, and the only question you need to ask yourself is "is this the way I want to live the rest of my life?"

I am sure you know the answer to that one - make a positive change for yourself contact Rosemary to find out more.....

If you are caught in a loved one's addiction it is important to start to think about what you can do differently to save yourself

Acceptance is powerful - it does not mean you do not care - what it means is you focus your thinking and energy on stuff that matters. Some may feel that if they accept the current situation then they are supporting their loved one to slowly kill themselves - this is not the case - 'acceptance' reduces stress, it stops you from judging, blaming and battling your loved one and yourself - here are three little things that you can practice acceptance of.....



Accept - at no point in time is anyone in the current situation doing less than their best - although people will often look at themselves & others thinking 'I / you could have, should have, or needed to do better'.

Thinking like this only leaves you feeling worse

I figure if you or someone else had known how to do it 'better' and if you / they had the resources and support to do things 'better', you / they probably would have.

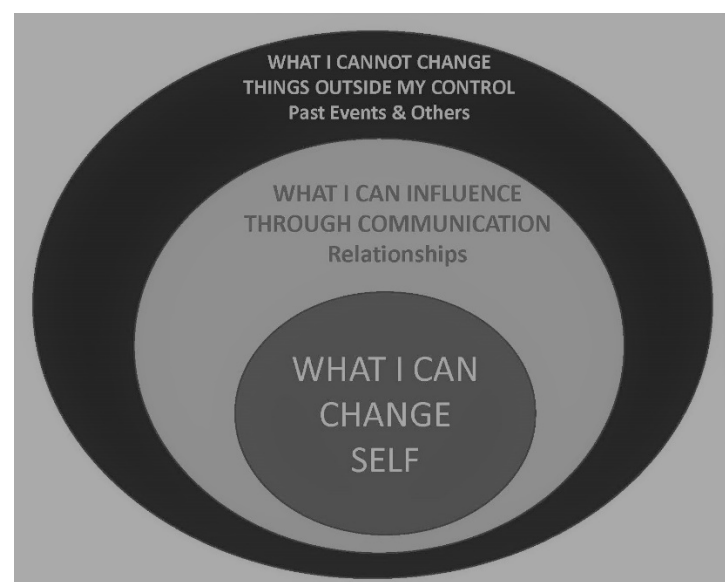
Be kind to yourself and others who are desperately trying to survive this journey of addiction.

Accept - what is happening with your loved one currently is 'out of your control'

For many 'addiction' is something that they just don't understand and through your stress, distress, frustration and fears you will often try to change your loved one - this rarely works, especially when they are destroying their own life and their family life.

Your loved one did not start drinking or drugging with the intention of ending up where they are right now - 'addiction'; is a living hell for your loved one, just as it is for you.

Start with change for self - this will enable you to feel better and influence change for others, through a different relationship.



Accept - remaining in emotional turmoil is not changing anything - I know you practice blocking this out - sometimes you are good at it and sometimes not.

The problem is when you finally get to **STOP** after a busy day, when you get to bed, or have a quiet moment - your thinking goes straight to 'fearful' thoughts.

I want you to write down all the things you fear - look at that list and tick off which of those things you are changing in a good way, because of your worry.

I bet none of them get a tick! Remind yourself you are in charge of your thinking - I know it may not feel like it at times, but you are - step back from your thinking and worry - put a full stop on it!

Take positive action to help yourself to do this and you will notice the results.....





An Addiction Point of View

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"My Name: Is Meth"

(Anon)

I destroy homes, I tear families apart, take your children, and that's just the start. I'm more costly than diamonds, more precious than gold, the sorrow I bring is a sight to behold.

If you need me, remember I'm easily found, I live all around you - in schools and in town I live with the rich; I live with the poor, I live down the street, and maybe next door.

I'm made in a lab, but not like you think, I can be made under the kitchen sink. In your child's closet, and even in the woods, if this scares you to death, well it certainly should. I have many names, but there's one you know best, I'm sure you've heard of me, my name is crystal meth.

My power is awesome; try me you'll see, but if you do, you may never break free. Just try me once and I might let you go, but try me twice, and I'll own your soul. When I possess you, you'll steal and you'll lie, you do what you have to - just to get high.

The crimes you'll commit for my narcotic charms, will be worth the pleasure, you'll feel in your arms, your lungs your nose. You'll lie to your mother; you'll steal from your dad, when you see their tears, you should feel sad.

But you'll forget your morals and how you were raised, I'll be your conscience, I'll teach you my ways. I take kids from parents, and parents from kids, I turn people from God, and separate friends.

I'll take everything from you, your looks, and your pride, I'll be with you always -- right by your side.

You'll give up everything - your family, your home, your friends, your money, then you'll be alone. I'll take and take, till you have nothing more to give, when I'm finished with you, you'll be lucky to live.

If you try me be warned - this is no game, if given the chance, I'll drive you insane. I'll ravish your body, I'll control your mind, I'll own you completely, your soul will be mine.

The nightmares I'll give you while lying in bed, the voices you'll hear, from inside your head. The sweats, the shakes, the visions you'll see, I want you to know, these are all gifts from me.

But then it's too late, and you'll know in your heart, that you are mine, and we shall not part. You'll regret that you tried me, they always do, but you came to me, not I to you.

You knew this would happen, many times you were told, but you challenged my power, and chose to be bold.

You could have said no, and just walked away, if you could live that day over, now what would you say?

I'll be your master, you will be my slave, I'll even go with you, when you go to your grave.

Now that you have met me, what will you do? Will you try me or not? It's all up to you.

I can bring you more misery than words can tell, Come take my hand, let me lead you to hell."



Most common way people use Meth is to smoke it (66% of users)

Many Meth Users Inject Meth (24% of users)

Some Snort Meth (10% of users)

At times users will take Meth orally - but this takes longer to feel the effects of the Meth

A bit more about Meth

Why do Meth Users do the things they do - Meth takes control of a person's life in a very short space of time - although those who use Meth do not see this coming and will argue their use is not a problem

Meth kills brain cells - in regular users there can be a 5% decrease in brain density - these brain cells cannot be restored, but the brain is amazing - it can adapt, to make up for the damaged parts.

Meth impacts the 'feel good' receptors in the brain, the brain knows using meth will make the person feel better - and drives use through cravings and urges to use, these defy 'Common Sense'.

Depression, anxiety, panic attacks, sleeplessness, psychosis are all common experiences for those who are using Meth.



Help for You – Rosemary Brown

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Connect with Rosemary today

Take advantage of a free 45 minute call with Rosemary.....

[Click here](#) to book your free 45-minute Discovery Call

A bit about Rosemary:

Rosemary has worked as a Counsellor for 23plus years, specialising in Behaviour Change and Addiction.

Her experience as an Addiction Specialist offers the people she works with a unique level of intervention.

Having learnt her trade while working in Mental Health, Dual Diagnosis, for Specialist A & D Services, working as Clinical Manager, of a Drug Treatment Unit, in what was then New Zealand's largest Men's Prison, and supporting those in their recovery in Residential settings, Rosemary knows what's on offer across the board.

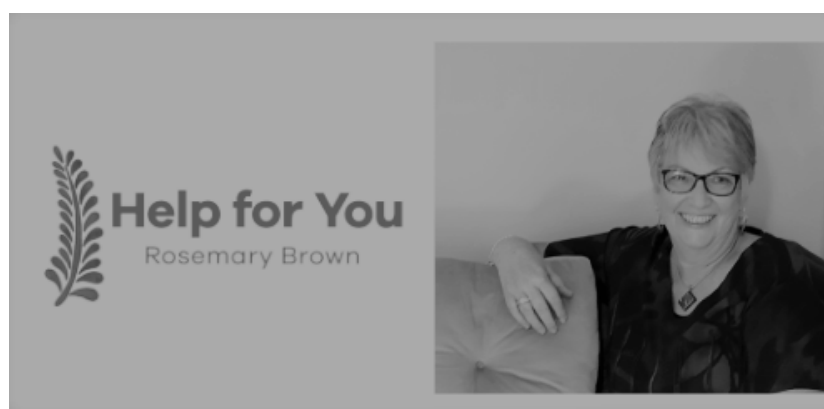
The most knowledgeable and influential teachers Rosemary has had in her career have been the 1,000plus addicts she has worked with and the many family members she has supported along the way - there are no textbooks that hold that sort of knowledge!

Rosemary's life journey has enabled her to experience first-hand those issues that she transforms. Her journey has not always been perfect and in hindsight there were times where she could have done better, if only she had known how.

In those years, if Rosemary had recognised why she behaved as she did, if she had been supported to achieve change, then perhaps things would have been different.

Rosemary has no misgivings; she says it is her life journey that has inspired her to do what she does today and to do it from more than a theoretical perspective.

Rosemary works everyday fulfilling her mission of helping and supporting those who are impacted by a loved one's addiction, she makes a difference.



Soon to be Released on Amazon....

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

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