



# HELP FOR YOU

Nov / Dec  
2023

## Overcoming a Loved One's Addiction

By Rosemary Brown

### I don't want to live like this anymore

Wow it is hard to believe we are heading for the end of another busy year. Always a good time to step back and reflect – we are nearly there - we have survived 2023.

Some of you will be thinking I don't want another year with the drama and chaos of my loved one's addiction impacting my life, some of you may have achieved that this year and others may still be hoping for a miracle to resolve all the issues.

I wonder how many people have really decided "I don't want to live like this anymore", hoping something outside of self is going to change so you can do better than survive the chaos and the stress. Or maybe you are still trying to convince your loved one their lifestyle needs to change.

I think sometimes we forget – we are 'in charge' of our 'reality', yes, we create the chaos, drama, and stress we experience, our loved ones are only triggers, Good news is that means we can change it for ourselves.

Everyone has a choice – even if it does not feel like it – by doing the work, you experience positive change. No longer allowing things, people, events, and places to control how you are thinking, feeling & acting.

In this newsletter we are going to explore this thing called 'change', because if you don't like how your life is now – you need to accept you can change it, in fact only you can change it. The key is connecting with someone who can help you, and that's what I do.

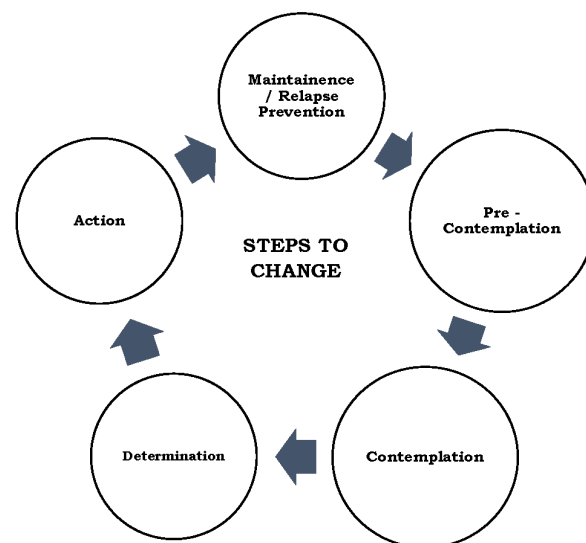
What would motivate you to take ownership and make a change for the better for yourself, is it pain or gain. Humans have some funny tendencies at times, not acting, because it is easier to stay the same (even if it is an awful place), rather than face fear and do the work to change.

After all if you cannot face change to get yourself well, how can you expect your loved one to do it!!

There is an expectation at times that your loved one will just 'stop' and 'stay stopped', after all that will help them feel better, behave better, and get better outcomes in their life.

This is not realistic, alcohol and drugs are an effective tool for your loved one to distract, numb or avoid the reality of their life and how they are feeling. The big problem is that these mind-altering, mood-altering substances take control, they run the 'brain' show, and nothing is helpful about that – things usually end up going around & around in a downward spiral.

### 'Stages of Change'



(Prochaska & DeClemente)

Before change is possible – someone needs to recognise there is a problem, and that someone is the person who is doing the 'behaviour' that is creating not so good outcomes for themselves.

For you allowing yourself to remain in the emotional drama and turmoil is a problem, your problem to resolve for yourself. The impact of this problem is leading you to burnout, it may be destroying your family and life is not enjoyable anymore, sleepless nights, stress, and desperation.

## The Steps Toward Positive Change

### Precontemplation

What I'm doing is not a problem, in fact it is everyone else's problem, they are the ones that need to change. In this stage there is no intention to change or alter the behaviours, even if it is creating turmoil and chaos.

### Contemplation

Some thoughts begin around, 'hmmm maybe this is a problem for me'?? Decision yes, it is a problem, and it is my problem, step into taking responsibility for changing it. Fear is a big factor here, what would my life be like if I changed??

### Determination

Facing the fear and making plans and decisions around how to achieve the desired change. Every person will try to change by firstly doing it 'their way', when that doesn't work, they can stay stuck until they are open to doing it differently.

### Action

Action is committing and engaging in the work to achieve a new way of behaving, learning new coping strategies, & practicing a new routine. For those dependent on substances there is the challenge of Acute Withdrawal (7 to 10 days) to get through as well.

### Maintenance

Maintaining new behaviours, the biggest asset is a robust relapse prevention plan. Staying stopped from our old ways of responding & behaving requires a person to be well, and to maintain wellness through doing what's right for self.

### Relapse

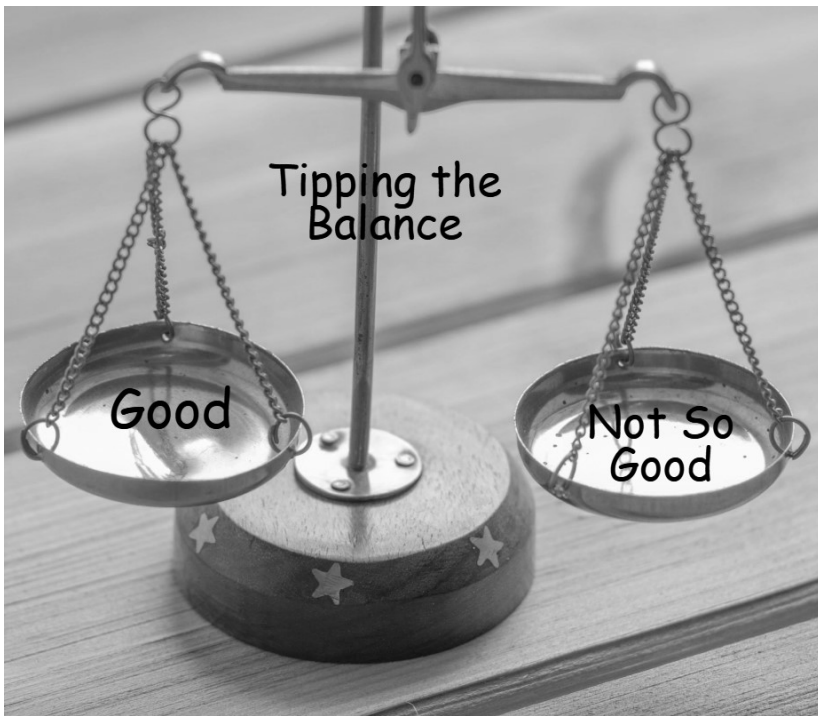
Is a normal part of change – relapse is about going back to old ways of thinking, feeling, and acting. The goal in relapse is reflecting on the triggers, what went wrong, what did I forget to do. Relapse is not a failure; it is your opportunity to learn & grow and strengthen change.



# Helpful Tips What Change Takes

Nov / Dec 2023

In order for change to be possible there needs to be some key elements present...



## Essential elements....

**Believing change is possible**, if someone believes this is 'me', it's how I am and that is set in stone, then it makes it way more difficult to believe you can achieve change.

**Self-awareness** – noticing how I am living, what I am doing, and the overall impact of continuing to do the same old stuff on your long-term goals.

**Commitment to do whatever it takes** to achieve change. Many want to change by doing it their way, this is always someone's first choice, that is okay, it's just that often it does not work, change is about doing things differently.

**Tipping the balance** – everything we do has a purpose, and if you or someone else is engaging in considering a behaviour change then reflecting on the good and not so good aspects the behaviour is a good place to begin. If the benefits (good) outweigh the not so good of that behaviour, then balance is in favour of staying the same.

## Open to learning new ways & doing things differently...

One of my favourite reflections is – “If you knew how to fix this – you would have fixed it by now”. Can you identify with doing the same thing and nothing changing – yet you keep trying the same old thing from a different angle.

A good example is trying to get your loved one to change, using threats of consequences or maybe pleading with them, or shaming them into deciding to change, many use future forecasting their life – what will happen if nothing changes.

Unless you can recognise you have no real idea how to support influencing positive change, you will probably end up continuing with high stress levels, becoming more desperate and once again blaming the addict – they are in denial or they haven't hit rock bottom yet, or you may blame self, believing you have the power to enable them.



## The Mirror Effect of Change...

Do you notice the thought of engaging and doing something different to achieve less stress and distress for you in your life, is scary? Does the thought of working on self to get a better outcome in your life leave you feeling resentful? Or maybe you are thinking their substance use is their problem – why should I be the one that has to change.

Everything you experience is a mirror of what your loved one will face as they begin the journey of change – from pre-contemplation, to contemplation, determination, action, and maintenance. Everyone will experience a lapse back to old behaviours at times, especially if you put yourself back in the same old environment.

People do not change because it is easy, change is uncomfortable, learning new ways can be challenging, thinking you are going to need to do things you don't want to do also can get in your way.

Your journey toward better outcomes is a journey at your pace, no one can tell you have to do anything, you need a space where you can explore your options with someone who 'gets it' and be supported in what's right for you.

**Book a Discovery Call with Rosemary – explore your options to live in a better space**

[\*\*BOOK HERE NOW\*\*](#)



# A Different Point of View

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## “Influencing Change is often Counter-Intuitive”

**I'm not sure if you remember** the day when your loved one came into the world, or the day you met your loved one who is now your partner. That day was probably a joyous occasion, and you were filled with hopes and dreams for your future as a parent or partner.

**As parents our role** is to provide the necessities of life, to create a safe environment and to protect our children from harm. Babies cannot do this for themselves, and if the parents are unable to do this then often another adult will step up to ensure these needs are met.

**Protecting from risk & keeping children safe is instinctual.** So many parents repeat these roles even once a child is on the road to independence & adulthood. This prevents the child (or adult) from being able to do these things for themselves.

**Things become a problem** when our children have moved through these life development stages and have not picked up the appropriate tools for the reality of life. Those who care are still trying to protect & fix them.

**The tools someone has in their toolbox** does determine their success in 'living life on life's terms', without alcohol or drugs in it. Parents or primary caregivers do create those very first tools called healthy coping strategies.



**As someone who cares** about a loved one in addiction, you too need different tools in your toolbox to be able to live your life more comfortably with the reality of addiction. People are not born with these tools, you need help to explore and make this journey meaningful.

**A natural response for those who care** is to protect, keep safe and encourage change, usually by telling them what they need to do. Having worked with a few thousand people over the past 24 odd years, supporting their goal of positive change – I can say without a doubt that your natural response – does not work to achieve change.

**Your natural response is driven by your fears**, wanting them to change is okay but that may be more about meeting your need to reduce your stress & your fears. There is nothing wrong with wanting to keep your loved one from further harm, it is just this is your need, not their need at that time.

**This is a bit like 'common sense' right** – except the concept of 'common sense' does not apply to addiction and an addict or alcoholic. Once you can recognise this – you will stop trying to get them to change through using the existing tools in your toolbox, because they are not the right tools for the job.

**Now you have the knowledge** of the Stages of Change Model, you can begin to recognise at what stage your loved one is really at in the process of considering change.

### Key Tools for Life

**Those who care will benefit from** recognising what may be instinctual probably is more about taking responsibility for trying to get the addict to change, 'fixing' the addict & protecting them from the consequences of their behaviours.

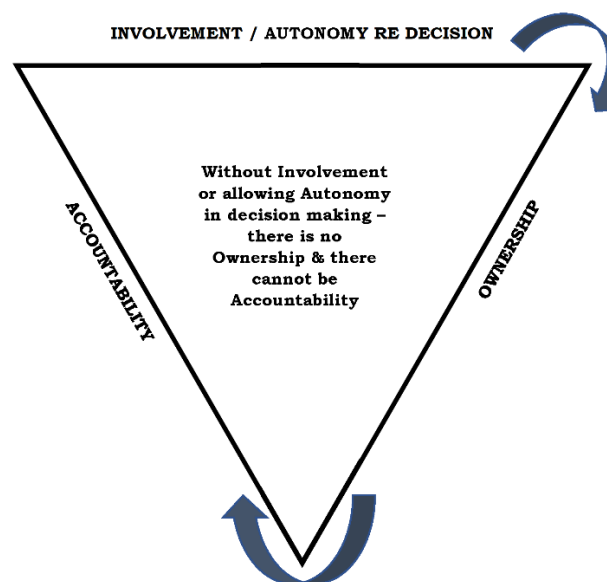
**These instinctual actions** are allowing the addict not to have to step up and take responsibility for their life.

**Your FEAR is the biggest driver**, you may say it is about protecting the addict, helping the addict, keeping them safe, the list goes on.....

**This is not what an addict needs.** To have the best possible chance of positive change, addicts need you to step back so they can step up & take responsibility for their life. Your role is to positively support your loved one – not protect or fix.

**It is difficult for someone to step up & take responsibility** when you are doing that job for them. Get self well first, step back, & learn how to be a caring support that can influence positive change.

This little diagram is reflective of the addicts need to be leading positive change, with support.



**The biggest job for an addict** in achieving positive change is to 'own the problem' as their own. Then to decide they desire change. Change happens when someone does the work on the inside, to gain beneficial change on the outside, growing skills like:

- ✓ **Autonomy** – leading an independent life, taking responsibility for self, making your own decisions, assessing options and risks.
- ✓ **Resilience** – able to cope with 'life on life's terms'. When life is not 'all good', accepting & allowing not so good emotions or thoughts to come & go.
- ✓ **Problem Solving** – can make meaning of a situation and has ability to come up with a solution, through reflecting on their part in the issue. Whose problem is this anyway??
- ✓ **Emotional Tolerance** – Being able to value and use feelings (good and not so good) in a beneficial way. They are your database, feelings inform you.
- ✓ **To accept support from someone** who has done the work to be 'well' in themselves, and who has taken the time to learn about the addict, addiction & the pathway to change -

**Change happens on the inside** – no person or service can 'fix the addict', but with the right support positive change is possible.



# Help for You – Rosemary Brown

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***Let's Get Together and Explore Creating a Different 2024.***

Book a Discovery Call with Rosemary –  
[BOOK HERE NOW](#)

### **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 services she provides.

### **A small snippet of what others say:**

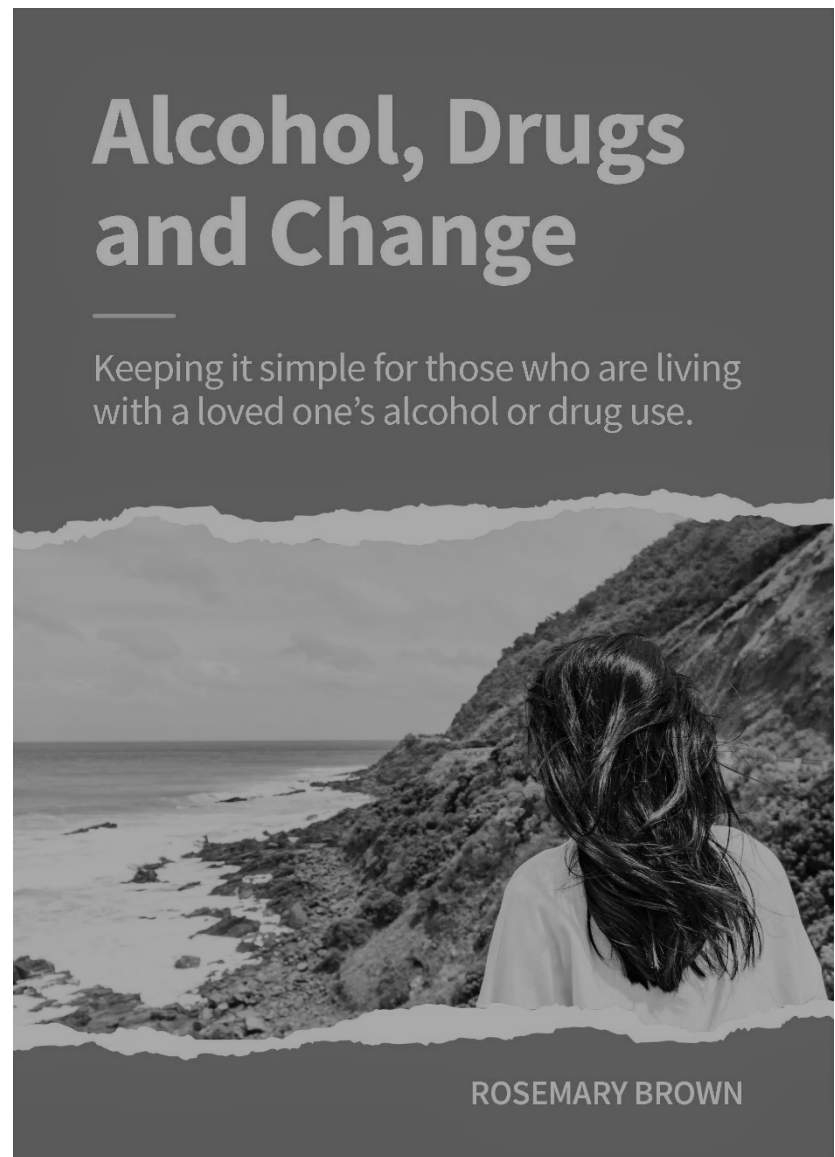
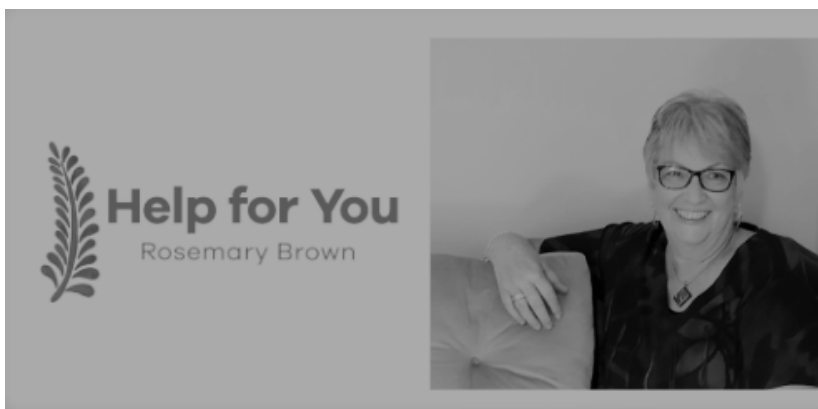
- ✓ *Rosemary is friendly, non-judgmental, and so knowledgeable. The program and sessions have been life changing.*
- ✓ *I found Rosemary to be non-judgmental and committed to help me.*
- ✓ *Rosemary is amazing, easy to talk to, she has a world full of knowledge.*
- ✓ *Rosemary has been a godsend for 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 through the Christmas and New Year period, so connect at a time that works for you.



available in both eBook and Paperback

[Click Here](#) to buy your copy

**Watch for 5 x Christmas Tips arriving daily via email starting Friday 8 December 2023**

### **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