



HELP FOR YOU

Nov / Dec
2022

Overcoming a Loved One's Addiction

'Heading into Christmas Cheer...

Or is that Christmas Fear??

By Rosemary Brown

Addiction does not stop just because the calendar says it's Christmas - in fact the 'festive season' can be a nightmare for families who have a loved one in addiction. Not knowing what is going to happen - or knowing what usually happens and dreading that will happen again - only this time worse!

The spare seat at the table, and the unspoken noticing of that, or the underlying tension - nobody wants to 'rock the boat'. Nobody wants to talk about 'the addict', no one wants you to be upset, no one wants to trigger an outburst of anger, and everyone is just waiting for the time that they can forget about the 'problem' and head back to their safe place.

You may not believe that when your loved one first started drinking or drugging that they never intended ending up where they are today - no one wants to be an addict, but sometimes addiction is more comfortable than reality. Hard to believe I know, especially when there is so much pain and loss in addiction, and then there are the 'children'.

It is a child's right to be a kid - to have fun, to get excited, to feel sad because someone they love dearly is not at the table and there is no present under the tree for them from their addicted loved one nor is there a present for their addicted loved one.

Christmas is a time when you need to have a plan, when you need to protect children, and when you need to deal with the reality of a loved one in addiction. It is difficult to separate your loved one as a person from the alcohol or drugs fuelled behaviours.

Emotional stress, emotional reactivity, fear, and desperation add to an already dysfunctional family dynamic that is difficult to grasp and understand. The strategy of not talking about it is probably not the best strategy to ease the tension - you need to talk about this, you need to have a plan and you need to get help and support with these things.

As I always say, in the most caring way possible, "if you knew how to fix this - you would have fixed it by now." Take your first positive step today - the key lies with you and no one else.



I have a few spots available to work one to one with me before Christmas - I have reduced my fee with a special Christmas of \$150.00 for 60mins

[Book Your Session Here](#)

Pay over 4 equal payments



Looking toward a different 2023.

At Help for You - Rosemary Brown, Rosemary has a passion to support and help those who love and care about an addict. 2023 is all about helping more people like you to find the peace and harmony within the chaos of a loved one's addiction. Below are a few options new for 2023:

Rosemary is presenting a Post New Year 'Seminar' 'Grow Beyond Your Loved One's Addiction'

FREE & LIVE and Online via Zoom

Thursday 12 January 2023 - 9.00am to 12noon AEDT

Make 2023 your year for positive change - Break the cycle of your loved one and 'the problem of addiction' interfering with your enjoyment of your life.

Stop the pain, the emotional drain and be prepared and ready to not only support yourself differently, but to support your loved one differently, each in a way that promotes reduced chaos, reduced stress & desperation will be a thing of the past!

This 3-hour interactive seminar is designed just for you - you will have the opportunity to learn what drives your loved one in addiction, what is happening for you & how to turn that around using three easy steps. You will get to ask questions, and be interactive with your hosts and other participants, and best of all you will get to develop a plan for change in 2023.

[Book Your Free Spot NOW](#) (spaces are limited).

Launching in February 2023

**New Group Learning Course AU\$397.00 per person
(or 3 payments of \$145.00 over 3 months)**

Many missed out in 2022 on working with Rosemary, money was the most common reason, this new initiative seeks to close that gap for you, it is economical, it is simple to understand and if time gets in your way you will have access to each weekly meeting via video replay.

Over 12 weeks you will be invited to 12 x 90 minute group sessions via Zoom, where you will cover as a group 3 topics in each of these modules:

- The Impact of Addiction
- Breaking the Mirror Cycle of Active Addiction
- The basics of Addiction & the Addict
- Positive Change & Recovery

The group environment offers many opportunities for progress, as it brings likeminded people together and offers greater impact through group discussion and learning.

[Register Your Interest Here](#) - to receive a full prospectus for the group program

New Exciting Program launching in January 2023:

Don't be tied to Alcohol or any other substance in your later years. In 2022 I noticed many women over 50years old are suffering unnecessarily, habits they formed in their younger years are no longer serving them well. In answer to requests from women seeking to reduce their alcohol use in later life, I have launched an affordable individual program that will let you choose where your money goes - to the Bottleo or into enjoying your upcoming retirement.

[Register Your Interest Here](#) - to receive a full prospectus for the group program



Helpful Tips Keeping Children Safe

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'Being proactive in a child's life is powerful'

do you ever wonder what it may be like for a child, or have you been a child in a family where addiction, violence or high levels of conflict are present, if the answer to this is yes then you understand the long-term impact growing up in a dysfunctional environment has on children.



The number one reason children struggle is their emotions.....

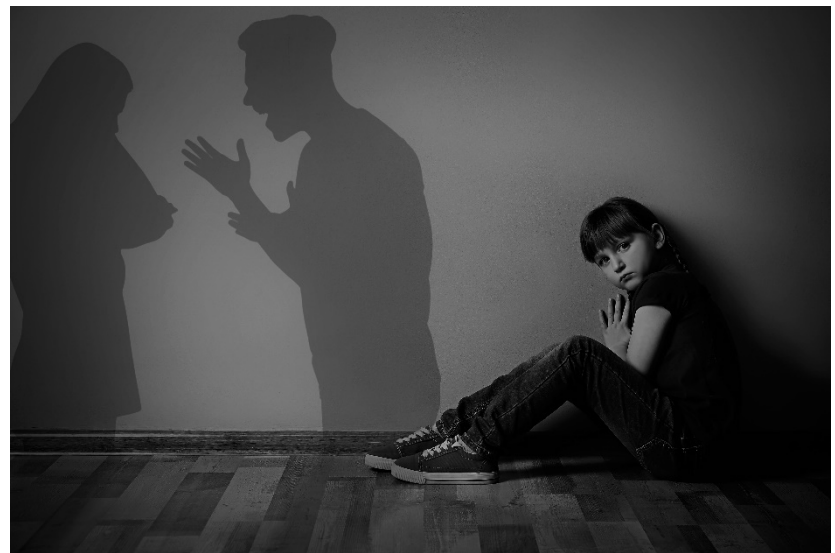
Feelings of abandonment can lead to some deep long held anger and may impact a child's sense of worth. A child is not equipped to handle these feelings or the impact of the behaviours that arise from them.

Accept that children will have a lot of emotion when it comes to being abandoned by a loved one in addiction. Take time to listen to how they are feeling, try not to convince them feeling that way is not okay, accept their perspective, do whatever it takes to help them feel safe, and ensure they know it's okay to feel that way, but it is not okay to act in aggression because of it.

Addiction changes people and creates a push-me pull-you kind of relationship with children....

Children often feel like they need to 'side' with one parent or the other, when you notice it is like a competition between parents or caregivers don't allow this to continue, nothing good can come from that.

Children need to feel valued, not manipulated, or forced to choose between the parents they love. Unless there is a risk for a child, then they should be able to spend time with both parents, take responsibility and ensure that whoever the child is with, that they are not trying to get the child to take one side or the other, or to 'tell on' the other parent. Be their 'rock' and let them know if they are finding it difficult you will be there for them to talk to.

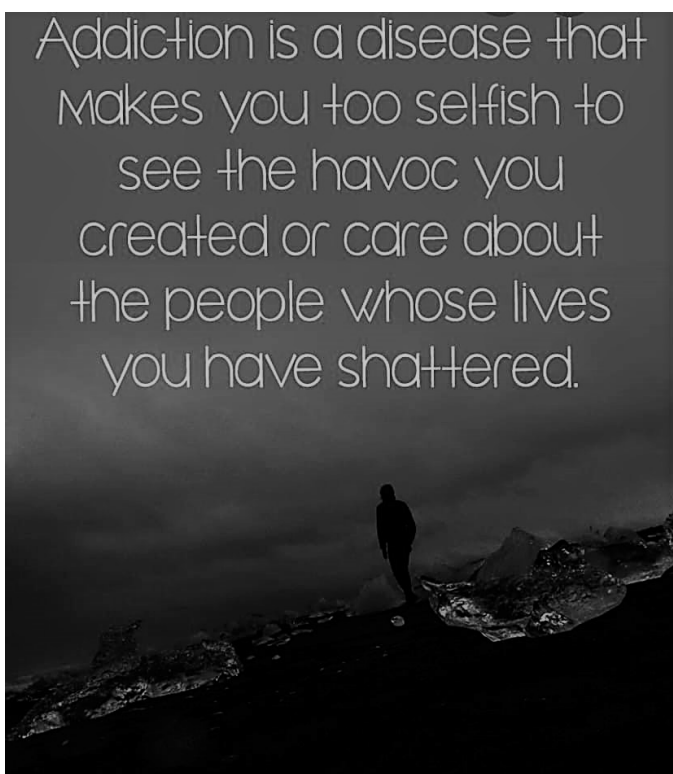


Age-appropriate explanations...

Children know when things are not right, they know when their parent or caregiver is not there for them, and they think this is a choice they are making, based on how they feel about them (the child).

What is wrong with me???. Why does Mummy or Daddy not want to be with me. This is heartbreaking for those who care, to see a child believing there is something wrong with them, rather than there is something wrong with Mum or Dad.

Children deserve to get a simple explanation, which lets them know it is the alcohol or drugs that are the problem, and they affect the way their parent sees things. The effect substances have on the brain means the parent or parents they love cannot make good decisions, and often spend time with others who are suffering the same sickness - this is not about the parent being a 'bad person'



'The Best Thing For a Child Who is Suffering & Acting Out'

Bring these kids closer to you, when they are throwing a tantrum and are emotionally distressed, reach out to them and hug them, they may push you away, but continue to quietly hold them, and let them know it's okay you are going to be their 'rock'.



An Addiction Point of View

Nov / Dec 2022

A Special Addicts Wise Words... “The Road to Recovery”

Strive hard to be strong and free,
Grow into what you want to be.
May all your dreams and hopes come true,
For the family and loved ones and especially
for you.

We have a hard road ahead of us,
In ourselves we must trust.
Don't let anyone stand in your way,
Just take it day by day!

Concentrate on your healing,
Don't be afraid to stop feeling.
Put behind you all the strife.
Prepare yourself for your new life.

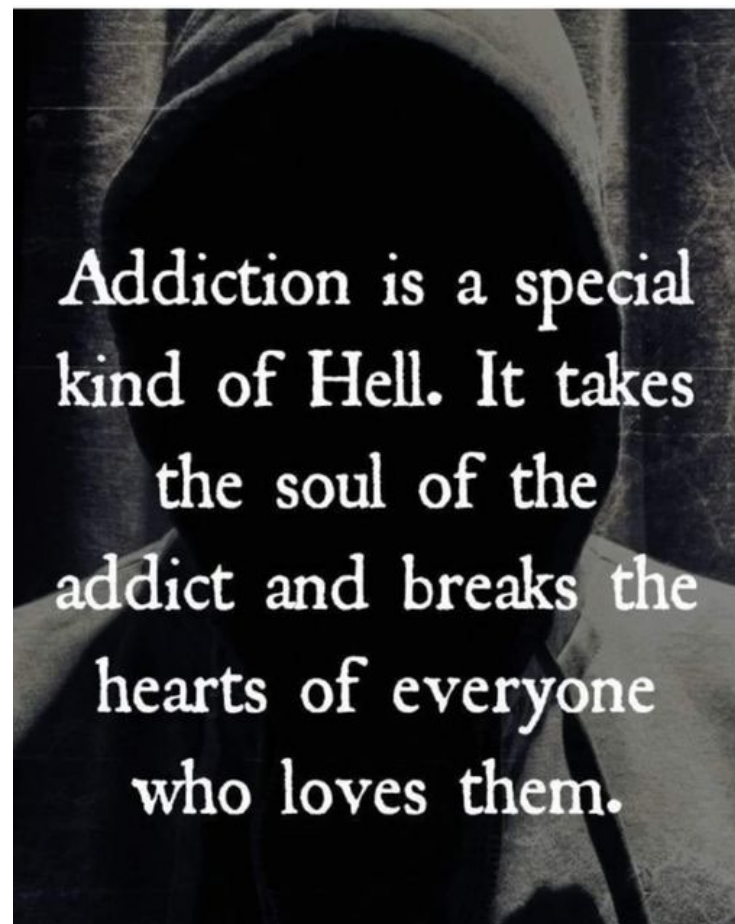
Drug crime and alcohol free,
That is what I would like to be.

May all our cravings be a thing of the past
And may all our willpower forever last.
We have a hard road ahead of us,
So in each other we must trust.

We must open our eyes and begin to see,
There is a different life out there for you and
me.
For the sake of our loved ones and our family,
We must seek and search and find some sanity!

In your mind you hold the ace card,
Don't be afraid to go hard.
For years the substances have ruled our life
Caused us trouble, havoc, and strife.

After a life of crime, alcohol, drugs & weed
It's time for us to plant a new seed.
Do it for your loved ones and family.
Most of all, do it for your own sanity!





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

Start 2023 connecting with change...

Do you recognise it is way more comfortable to stay the same - rather than change? As humans we like the known, rather than the unknown - even if it is filled with stress and fear.

This has massive limitations if you have a loved one in addiction. Many believe if their loved one would change then everything would be okay - not true. Generally, it is not all okay - the fear around your loved one going back to their old ways creates just as much stress and conflict as their using does.

Your loved one's active cycle of substance use has impacted your health too, and it is amazing how stressed and desperate things can get - families are torn apart because everyone see's things differently.

That is why Help for You - Rosemary Brown exists; so you can experience beneficial change for yourself. Our number one priority is to help you to get well, and then you can learn how to influence positive change for your loved one.

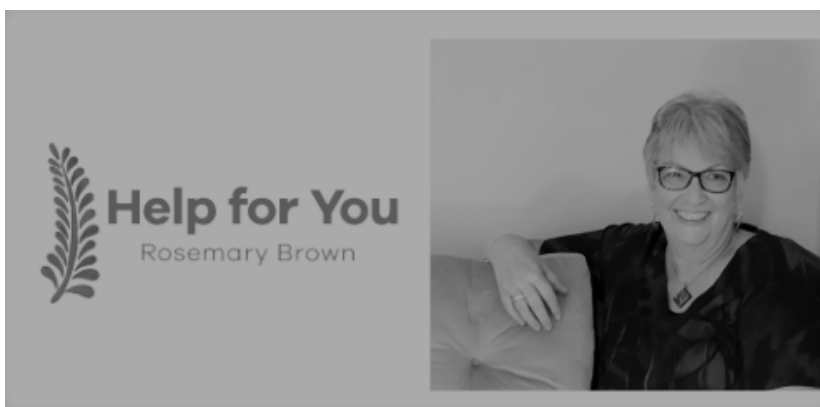
Check out Help for You - Rosemary Brown, courses and one to one session packages here.

[Click here to access](#) a full list of what's on offer

There is no better time than today to take a big step and find a new way.....



Afterpay is now available via the website www.helpforyou.com.au - you can now purchase courses, my book or counselling sessions using Afterpay - no additional costs or interest charges - pay in 4 installments over 6 weeks.



On sale now as an eBook or Paperback

[Click Here](#) to buy your copy

There is no better time than today to take a big step and find a new way.....

[Click here](#) to read how others have changed their lives by working with Help for You - Rosemary Brown

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