



HELP FOR YOU

Sept / Oct
2022

Overcoming a Loved One's Addiction

The Scoop of the Month 'The Mirror Effect'

Developed by Rosemary Brown

When you have a loved one in addiction – the problem soon starts to take over the family dynamic and without even realising it your loved one has become the ringmaster of your life – and things soon turn into a circus of drama, chaos, stress, and desperation.

Addicts live in their own 'hell' of addiction, unable to break the cycle and often unable to recognise the destruction their lifestyle is causing. Others cannot believe that a person can keep doing what they are doing, when it is causing so much damage, problems & pain.

Common Sense says if something is causing us harm or is a problem – then we need to stop doing that thing – addiction defies common sense!

Often, we are so busy worrying about the addict and their lives, we barely have the time to notice what is falling apart in our own life and within our family dynamic.

'The Addict is the Ringmaster'

Active addiction goes in cycles – what happens next is predictable – regardless of who we are looking at – addiction is as addiction is...

Not much changes for addicts, they all have similar traits and cycles, it is just the timing and the timeframes that alter. The same goes for families of an addict – this destruction is predictable too.

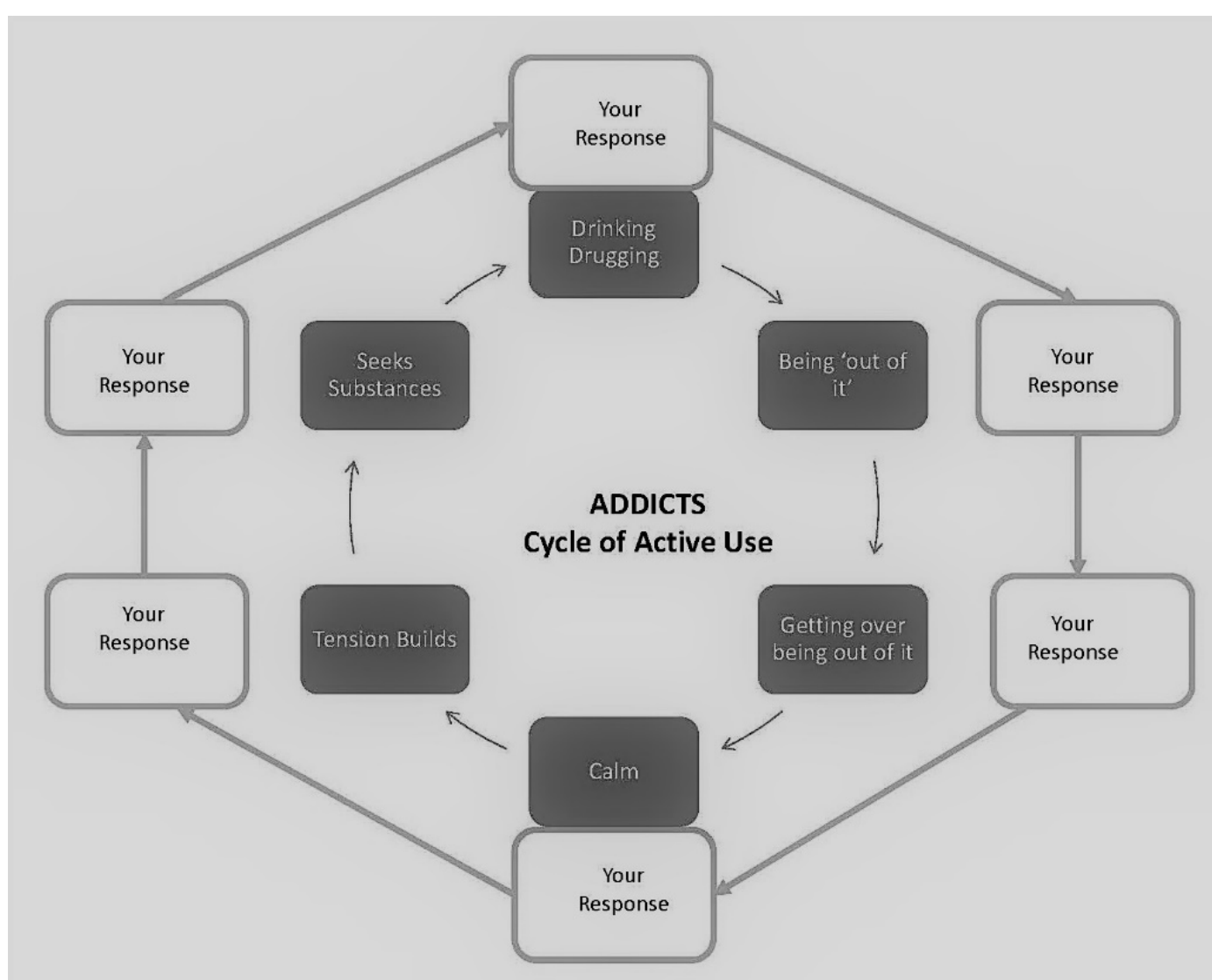
You are closely linked to the cycle of an addict's active use. Step back and consider – your responses in relation to each stage of active use

What is it you think, feel, or do when.....

- They are using?
- When they are getting over using?
- When there is a period of calm?
- When you notice the tension building?
- When they are drug seeking?

Your state of mind – how you think and feel is often dictated by where the addict is in the cycle of active use.

'The Addict is the Ringmaster'





Helpful Tips Why Do Addicts Lie

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If you are caught in a loved one's addiction you know the pain, hurt and chaos that comes with their behaviours - the lies, the manipulation, the promises and the deceit

Understanding is powerful - one of the most painful things when you have a loved one in addiction is the hurt, anger and resentment of no longer being able to trust your loved one to do the right thing or tell the truth. This 'mistrust' comes with the lies that you discover, lies also create internal conflict for you, as someone who cares, you want to believe them and you feel 'bad' that you don't and this creates the internal conflict. A very real saying is...
"we are only as sick as the secrets we keep"



The number one reason people lie is 'they FEAR telling the truth'.....

FEAR is a powerful emotion for an addict and for those who love them. FEAR is a major driver of lies. Addicts may fear consequences, they may fear being judged by others, and they may fear losing their freedom or lifestyle if they tell the truth.

When people make decisions based on FEAR it is not helpful to anyone and being untruthful only makes things worse.

Lies only lead to mistrust!

An Addicts Morals and Values become distorted with addiction....

When people start the road of drug use, many things change, not just their behaviours. Drugs are damaging to the brain and the brain no longer functions as it did before drugs.

The 'feel good' receptors in the brain know that when someone is not feeling comfortable - the drugs will fix that and fix it now! The cravings and urges to use these receptors create for an addict overrides morals, values, and common sense.

The 'need' the addict feels for alcohol or drugs means they will do anything to meet this 'need'.

Stealing, lying and being deceitful become a way of life.



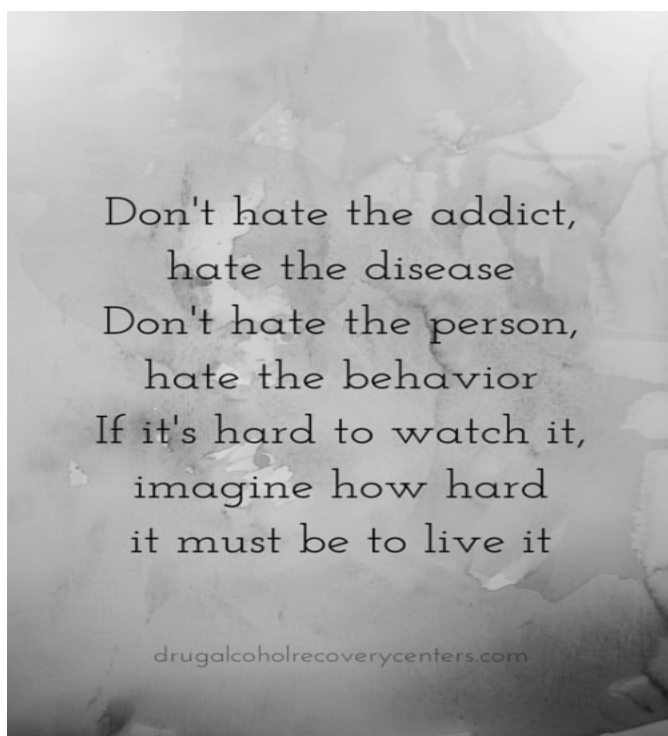
Lying is easier than taking responsibility...

Addiction and its associated 'need for alcohol or drugs' mean addicts do things they are not proud of, and deep down inside they do not have a good relationship with themselves.

Taking responsibility for their actions, their lifestyle and the damage addiction is causing is almost impossible for an addict in the midst of active addiction - so they will often lie to avoid taking responsibility.

By not believing their lies you are helping the addict you care about - putting the responsibility back in the hands of the addict is important, let them know you recognise the lies.

And let them know you understand this is about the hold drugs or alcohol has on them - rather than they are a bad person....





An Addiction Point of View

Sept / Oct 2022

A Special Addicts Story... "The Beast"

To The Beast, you took away about 30 years of my life,
You made me dysfunctional with all your strife.
You turned me away from the people I cared for,
I always came back to you and wanted more.

I put you before my wife and my kid,
I curse you for the things I did.
The things I stole, people worked hard for,
Just so I could see you and get some more.

I lost my principles and didn't care,
You bought me shame, resentment, and fear.
You made my life a living hell,
From the grace of all good things, I fell.

Early in my childhood I was abused,
From then on, I became the accused.
I was looking for a way to escape the pain,
You saw the opportunity in you came.

I had lost all the innocence I once had,
You gave me a taste and turned me bad.
I forgot about the people I loved,
In my arm a needle I shoved.

The rush went straight to my brain,
From that day on my life's been insane.
You gave me a trip on some L.S.D.,
And conned me that it would set me free.

Innocent people began to fall,
I was led to believe I was walking tall.
You bought me greed, distrust, and hate,
I was led to believe this was my fate.

People that cared for me shunned away,
And all they could do is watch me decay.
You led me to believe you were my lover,
More important than even my mother.

More important than life itself,
Not caring at all about my health.
In my life all things began to fail,
The crime, the violence, the deceit, then jail.

I had to give you everything I had,
And slowly I became crazy and mad.
Even though I knew I could die,
I never really stopped and asked myself why?

All I wanted was to get extremely high,
Have a taste and smoke some fry.
My life became distorted and very feeble,
Just so I could feel the joy of another needle.

All you ever gave me was strife and harm,
You even made me sell the farm.
All for a taste, a burn, or a dac,
On my family and loved ones, I turned my back

Drugs and alcohol became my feast,
My number one love became The Beast.
You Mr. Beast are a heartless scum,
But this is one fight you have not won.

You drove me to the depths of despair,
Filled me with utu, hate, and fear.
Now it's time for us to part,
And I say to you this from my heart.

For 30 years you had me under your spell,
For 30 years I lived in your hell.
I chose you over my child and wife,
I thought you were more important than life.

I stole, I lied, I cheated for you,
There is nothing that I wouldn't do.
You were my life, my air, and my heart,
From your bonds and shackles, I could not part.

For days I would go without food or sleep,
Without you I would just fall into a heap.
I would take risks that are so unreal,
Steal, rob and be violent - all to get another deal.

You didn't care if I got hurt,
To you, I was just a piece of dirt.
I no longer have my insane love for you,
I only want a life that's good and true.

I don't want you around anymore,
So please refrain from knocking at my door.
You took me down to the lowest depths,
Now I have my God and the 12 steps.

In my higher power I now trust,
Good orderly direction is a must.
I now love and care for myself,
My family, friends, and my health.

For the loss of you I don't even shed a tear,
Because now I have love, trust, and self-care.
I have my friends from N.A.,
Who help me live 'just for today'.

Total abstinence is now a must,
In my higher power I will trust.
I know you're there like a thief in the night,
Trying to get me with all your might.

But now I'm ready and most of all I'm aware,
I won't let you lure me into your lair.
You and I will always have a fight,
But now I know what's wrong and what's right.

I now hold a very important key,
I have gifts like self-love, self-care and R.E.B.T.
I used to wake looking for my kit,
Now life itself gives me my hit.

I now awake giving thanks to them above,
The creator and my guardians who gave me love.
I SMART and SWAT my every day,
I'm so thankful for being this way.

Life is short and death is long,
To not enjoy life is so very wrong.
No longer do I feel life sucks and I'm on trial,
I'm a good person and I'm worthwhile.

Thank you to this place for planting a seed,
For giving me the tools I really need.
I no longer need crime, drugs, weed, or fry,
I now have the 12 steps, N.A. and Te Hokinga mai.

Thanks to the A.T.U. I now have an extended family,
Thanks to all the above for helping me find my sanity.
I now have a zest for a good life,
Away from turmoil, The Beast and strife.

Now the healing has just begun,
It's time to let go and have some fun.
I know you will be trying to feed me temptation,
And always trying to hit me with manipulation.

But now I have the tools to keep me aware,
And the bottom line is, now I care.
To you, The Beast I say my goodbye's,
I'm off to seek and find new highs.

To all my loved ones "Hello" - I'm back,
Give me a chance and you'll see I'm on track.
We have a plan my higher power and me,
Through the 12 steps I can really be free!

(Te Hokinga Mai – The Return Home – a program available to
prisoners seeking change)



Help for You – Rosemary Brown

Sept / Oct 2022

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 Addiction and Behaviour Change.

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.

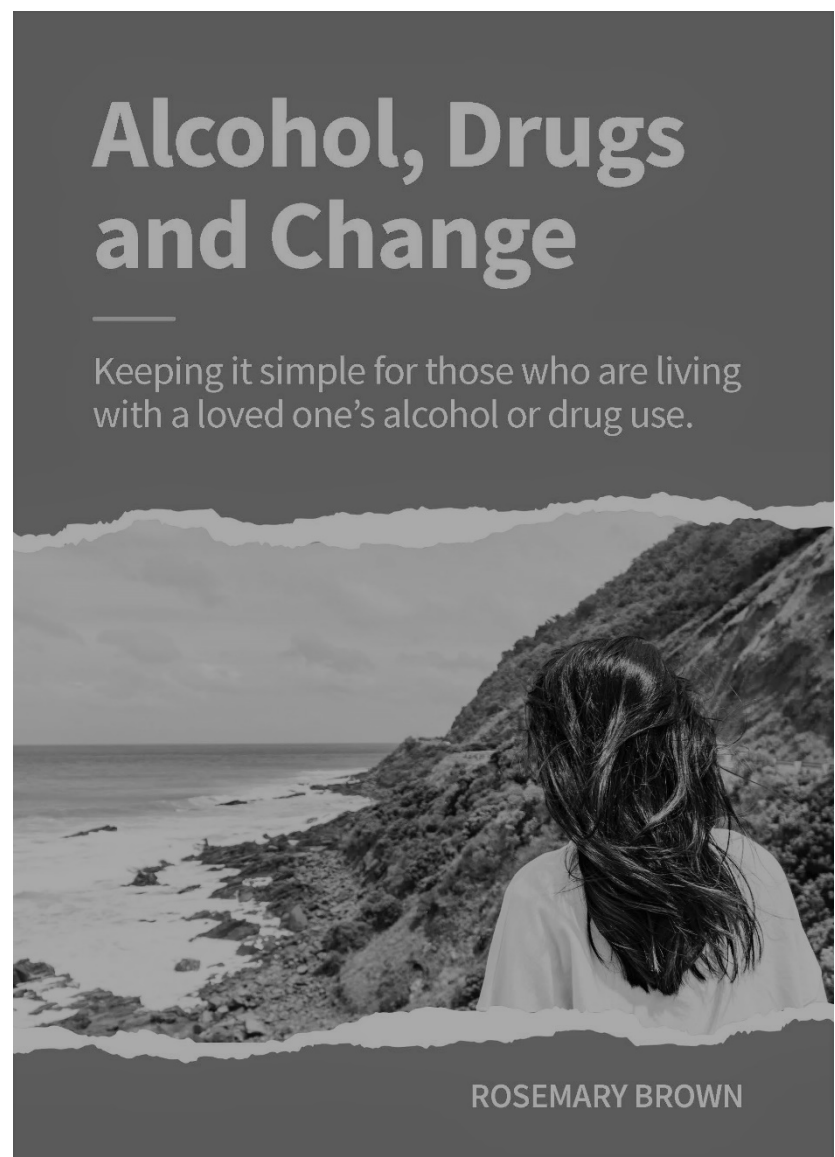
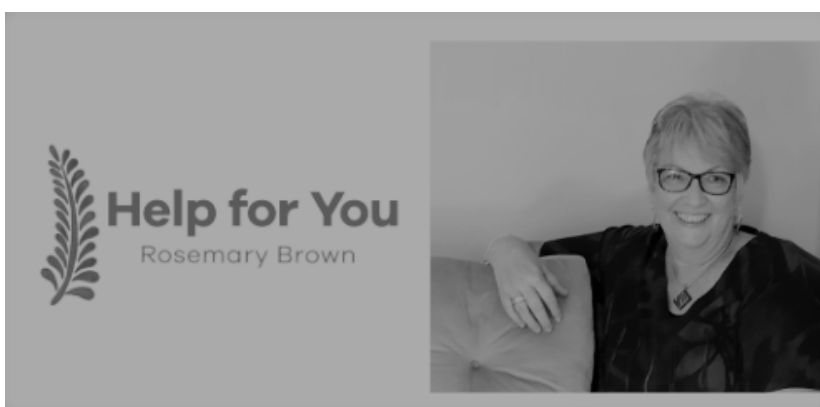
The most knowledgeable and influential teachers Rosemary has had in her career have been the 1,000plus addicts she has worked with and the many family members she has supported along the way - there are no textbooks that hold that sort of knowledge!

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.



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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