



HELP FOR YOU – ROSEMARY BROWN

BECAUSE NO ONE NEEDS TO LIVE IN A PLACE OF FEAR, CHAOS & STRESS
WHEN YOU HAVE A LOVED ONE IN ADDICTION...

ROSEMARY BROWN
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Welcome to Help for You

Hi, I am Rosemary and I want to thank you for allowing me to send you a bit of information about what I do, why I do it and how my work may be of benefit to you. Often as a Family Member impacted by a loved one's alcohol or drug use, we are desperate to find answers & to understand what is happening.

My journey in life has allowed me to see the reality, for many others this is something they would never understand, but I think you will. I had my own issues with alcohol & drug use at an early age, being told that if I did not do something about my drinking I would die.

I began my childhood a very unhappy child, never understanding why I could not experience joy, as an adolescent I was drinking by 14yo, academically I was onto it, but still no joy and lots and lots of alcohol. I transitioned to working on the farm, in shearing sheds and then working in corporate. I was 22 when I had my daughter, and this changed my life – I no longer drank – I had to be responsible.

My history took its toll on my health, as did my home life. Having lived with an alcoholic, a man who was violent in words & actions, having a child in that environment, progressing to some days it was all I could do was fight to keep myself alive, many disappointments, keeping it all hidden from family and friends, to finally my only child being hooked into addiction. Mental Health has not always been my friend, and I acknowledge for many going through a rough road the struggle does take their life, I get that.

Alcohol & drug dependency is no different, this is a topic few have ever taken the time to understand, even the professionals often miss the reality through an addict's eyes. Addicts are not 'bad' they are in the battle of their life with their drug of choice. Nothing can prepare families for this journey with their loved on. Fear takes hold and the emotions start to drive desperation and life is chaotic.

I get what it is like, I get how community services can fail, not only your loved one but yourself as well. I get the sleepless nights, and I get being at the point of deep despair with no real answers. I get the advice, from those who have no idea, 'you need to stop enabling them', you can't change them, you are codependent. By the way this advice only creates more internal conflict for yourself and conflict with others – more stress!

In my 23plus years in the industry I know the 'traditional system' does not work, I know that the 'talking cure' does not work, you feel good for a short time but it is not long before all those unhelpful thoughts and feeling come up again, and now someone has told you the answer is to 'change your thinking' – OMG battle between self and thoughts – more stress.

As you review this information you will find what does work, the services, online programs, and courses that I have specifically developed to offer you insight into your current situation, what needs to happen for change to be possible for you and how you can Influence Positive Change for your loved one.

Please contact me via email if you have questions or book a free no obligation 45minute Discovery Call with me, [Book Your Call Here](#). Take care in your journey & remember if you knew how to fix this you would have fixed it by now and nothing changes unless you take action to change it!!!

- *Rosemary Brown*

The Journey to of self-destruction....

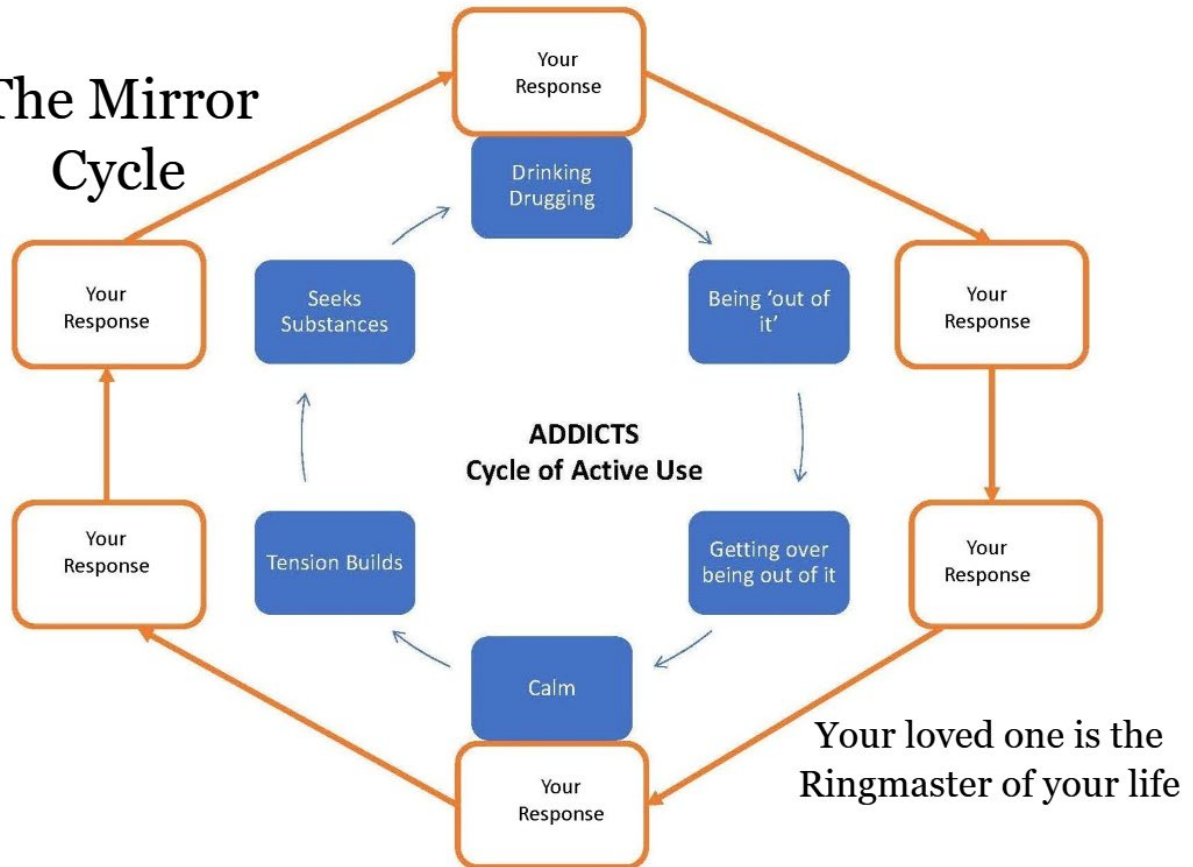
This is a road of self-destruction for you.....

- ❖ Your loved one becomes the centre of the family and 'the problem' takes over.
- ❖ Family members, desperate for change, begin the gruelling journey of trying to 'save' their loved one, often destroying family relationships in the process.
- ❖ Conflict in relationships starts to build, your loved one is often the centre of this conflict, hurtful words are exchanged, barrages of abuse may follow & your heart and soul slowly get destroyed!!
- ❖ People tell you things like you are enabling your loved one, you are co-dependent, they need to hit rock-bottom and your loved one is telling you they don't have a problem!!!
- ❖ You start to believe that this is your fault maybe, as in defence of their actions your loved one may be telling you this...
- ❖ The person you once knew starts to become someone that you don't particularly like, there is abuse, tantrums, they disappear, they may lose their job, their family, their children and all the time this is driving you to the point of 'breakdown'.
- ❖ Trying to figure this out through a 'common sense' framework just drives you mad, because 'common sense' does not apply when your loved one is caught and trapped in alcohol or drug use!!!
- ❖ You get to a point of desperation & you believe everyone is right – you cannot change your loved one, the grief, the sadness & the helplessness all take over...

This stuff is not being 'dramatic', this stuff is the reality of living with a loved one in addiction. The longer you live this, the less happiness, having fun and joy are part of your life, in reality your health becomes worse and you just want your loved one to stop so you can be okay.

You are caught in the 'Mirror Cycle' of your loved one's active cycle of alcohol or drug dependency, alcoholism or addiction if you relate to those terms, and them stopping is not going to get you well, you need to stop and do this now, before it's too late.

The Mirror Cycle



Your emotional response in this cycle is what is creating the issues for you and limiting your ability to be happy and healthy. Wherever your loved one is in their cycle of active use, you are emotionally reactive and come from primarily a place of fear. Sometimes you may be angry, sometimes you may be sad or feel hopeful, but the cycle repeats regardless, making your loved one the Ringmaster of your thought's, feelings, and actions.

Step One – Your Foundation for Success

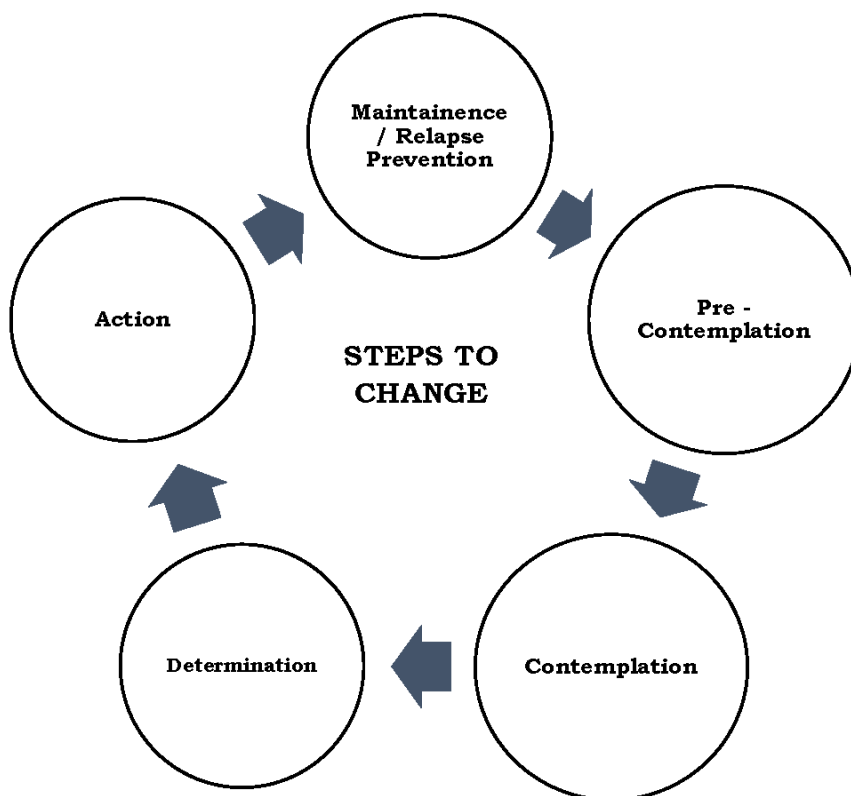
- ✓ We need to work together to break this Mirror Cycle,
- ✓ We need to do 3 or 4 therapeutic one to one therapeutic session's together to clear any trauma, bricks, blocks, or barriers that are limiting your wellness, and are keeping you stuck in the Mirror Cycle.
- ✓ Alongside this you will have space to better understand your loved one, so you can feel compassion rather than fear and anger, you start creating a different relationship with your loved one; being the parent of an alcoholic or addict, being the spouse/partner of an alcoholic or an addict.

Because you will know how and because your emotional reactivity will no longer be getting in your way, these relationships will be without stress and conflict, and you will no longer be living the mirror of the drama and chaos of your loved one's lifestyle.

Step 2 Influencing Positive Change

In step one you learnt what the pathway to change looks like for someone who is in addiction. Your loved one is controlled by their drug affected / damaged brain; your loved one is not bad, the alcohol or drugs are bad, and therefore their behaviour can be extremely self centered, abusive and without regard for consequences.

Please remember when the drug has hold of someone's brain, processing action and consequence is a thing of the past, the 'common sense' rule no longer applies, so stop expecting them to have the 'willpower' to control their substance use and their abuse is coming from a drug affected perspective and is way off reality in most cases.



Once the relationship with your loved one is less about conflict and more about you doing what works to influence positive change the more you will feel empowered.

Change remains the responsibility of your loved one, however they need to move freely through the above steps in order for change to be possible, the big reason traditional services don't work, and rehab does not work is that they are in the Action Phase of Change and often your loved one is still in Pre-Contemplation or Contemplation. Saying I want change does not necessarily put them in the action phase of change, they may just be saying it.

Influencing Positive Change requires a few things

- ✓ Maintaining a relationship with your loved one that is beneficial for positive change.
- ✓ You knowing and practicing using yourself as a tool and agent for positive change.
- ✓ Utilising a 'different language' with your loved one to inspire, empower and motivate positive change.
- ✓ You being able to recognise 'Windows of Opportunity' and to know how to 'Plant Intentional Seeds' to support your loved one on their journey toward positive change.

Being active in maintaining your wellness, doing the things you enjoy doing in life, having better relationships with your family and friends are all essential in this next step. Having clear boundaries what's okay / not okay for you, knowing what's 'right' for self and trusting in your internal 'knowing' is key in this step.

Amazing things happen once you start this journey and your loved one does not even need to be thinking about change. You are now at the centre of the 'Mirror Effect' – your thoughts, feelings and actions are rippling out and impacting your loved one.

Step 3 Staying Stopped and Staying Well

Once you have taken action and changed your approach, your life and your wellbeing you will benefit from knowing how to maintain that. This is what Step 3 is all about Relapse Prevention.

Statistics Show.... Why The Traditional System Fails

"Recent drug relapse statistics show that more than 85% of individuals relapse and return to drug use within the year following treatment.

Researchers estimate that more than 2/3 of individuals in recovery relapse within weeks to months of beginning addiction treatment.

Without a long-term drug relapse prevention plan, most people will be unsuccessful in their attempts to remain sober."

<https://drugabuse.com/addiction/relapse/> (July 2021)



Everything you have done in your journey with me so far is a 'Mirror' of what your loved one needs to do in their journey toward long term wellness. By this step you are confident in recognising what needs to happen for them in order they can achieve long-term sustainable change. I often hear "they want to change and have asked me to help – but I don't know how", this is no longer the case.

You know you have changed you have achieved stopping your old emotional reactivity, you have achieved stepping back and influencing positive change, and addicts often can stop old unhelpful drinking or drugging behaviours too. The biggest issue for everyone is 'staying stopped' from those old unhelpful, unhealthy ways of responding.

Step 3 allows you to

- ✓ Accept relapsing back to old ways is a normal part of change, for both you and your loved one.
- ✓ Know how you can learn and grow in a positive way from relapse, and how you can take your loved one through this positive learning and growth process too.
- ✓ Know what the Slippery Slope to relapse looks like, so you can interrupt it early for yourself, and you can influence interruption of this for your loved one.
- ✓ Practice with confidence the four cornerstones to positive long term sustained well-being.

Step three is full of active coaching; the workbooks allow you to create for yourself 'what works for you' and to create with your loved one the sorts of things that they believe will work for them.

Working the three steps is a journey not a destination, and through your continued connection and involvement with Help for You – Rosemary Brown you have support, resources and like-minded people walking with you.

Therapeutic Sessions

I do not utilise the 'talking cure', it does not work and retraumatises people. I work with you to clear trauma and your limitations using a relaxing connection with your subconscious mind, via working with your imagination. I know your conscious mind (your head) can drive you crazy, and trying to change that at a conscious level simply does not work long term.

I utilise Neuro-Linguistic Programming (NLP) in the clearing work I do. As a Master Practitioner of NLP, I do not focus on discovering the underlying cause of your problems, I focus on achieving the desired results. NLP interventions in utilising your subconscious mind, are extremely effective in helping you to achieve positive change in a very short number of sessions, you will feel positive change after the first session with me.