



# HELP FOR YOU

Sep / Oct  
2023

## Overcoming a Loved One's Addiction

By Rosemary Brown

### Addiction Kills

Hard things hit home hard at times – and when you have a loved one in addiction there is nothing truer. We acknowledge the high-risk lifestyle of addiction, or we may lie awake at night and worry about safety and risk, we may bury our head in the sand, get angry or be sad – but that doesn't change the fact that addiction kills.

Some may choose not to read any further because they are mad, sad, or fearful but the reality is, addiction is slowly killing your loved one, their life, their relationships, their potential, and so many other things as well. Addiction is not about choice; addiction is all about alcohol or drugs being in charge and dominating the brain. Alcohol or drugs are leading the charge of destruction, in your loved one's life and yours.

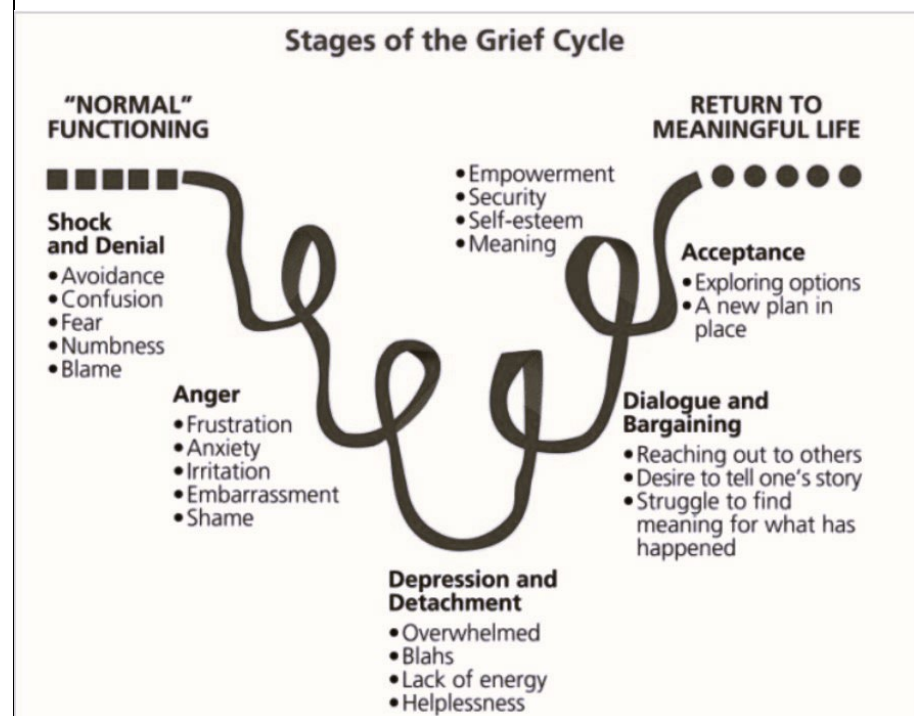
The most destructive part of addiction is the damage, pain and the slow burn kill of family and family members' lives, and these are not the ones that are drinking or drugging. Witnessing the various deaths and losses in your loved one's life because of addiction is damaging, you need to prepare yourself in a way to enable you to remain in a reasonably well space for yourself, regardless.

It is key that you grieve the losses you feel, and do this in a healthy way, you being stressed, or an emotional wreck or withdrawing and shutting down, is not beneficial for you or others you care about. Taking action now to regain your wellness and wellbeing is key.

My Jul / Aug Newsletter tells you more about how the 'drug' takes hold of the brain.

### 'Stages of Grief'

Alcohol and drugs are an effective tool when someone needs to feel better, they are just a very unhelpful 'tool'.



### Addiction and Grief

When you have a loved one in addiction 'grief' occurs at so many levels. Grief is a direct response to loss; grief is a normal process, that over time provides healing so you can move forward. Nothing is ever the same after loss but there can be a new 'norm'. Many consider grief as something 'bad', and that is because it shakes your very foundations of life, and the lives of others. When you experience loss – even though you may recognise it could come, it still impacts you.

Loss is not just about physical death, there are many losses, losing your loved one to alcohol or drugs is one thing, losing the hopes and dreams you had for their future is another, and losing your relationship with them, witnessing their losses of family, work, and health (both physical and mental) can be devastating. The pain starts and it builds, you already have been impacted by the shock of what is happening, the trauma of living in the nightmare of drama and chaos, and on top of that you have no idea how to change this or 'fix it'. You are in the battle of your life just to survive, and family members could have already jumped ship, turned on you and blame you or they may have given up and wiped their hands of your loved one.

It is important that you get well, that the trauma and emotions are healed for you, it is important not just for you but for your family and your loved one. You do not want to be stuck in the first half of the grief cycle, swinging between fear, confusion, emotional anger and sadness, guilt, shame and down to the depths of despair and helplessness. You may even notice you reach up the other side, struggling to understand what has happened but never being able to put this into context of reality and acceptance. Acceptance does not mean the person no longer matters, acceptance is in finding a way you can understand what has happened and knowing it was outside your control.

*"Everything right now is as it should be"*

Often this statement triggers for those who want to be able to fix this, a terrible sense of failure, even greater confusion and possibly a sense of injustice – how dare someone say this, under whose rules is this fair, how can accepting this ever be okay, where is the hope, where is the compassion and most of all where is the help.

Opening doors for a new way of seeing this, a new way of understanding this and a new way / plan to go forward is what will save you, and allow you to enjoy life, regardless of what is happening. You do not need to struggle and drown in grief, as this saves no one. Believe it or not it is possible to enjoy life, despite the loss you have experienced.



# Helpful Tips Grief...

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Wanting to move beyond the loss, needing to accept the reality does not necessarily mirror being able to do this in real time....



## How can I help 'me' with this reality....

This is a time for your process, it is not the time to 'fight' the reality. It is a time to focus on 'self', it is not a time to try and resuscitate the death back to how it used to be. Change is scary, things will not be the same if alcohol or drugs, have taken your loved one.

Recognise that the alcohol or drugs have managed to get into your loved one's brain and have managed to take control. This for now is the new norm, alcohol & drugs need to be fed, drama and chaos feeds them, because when people are in drama and chaos in their head, their heart and their deeper self – their need is to feel better – leading to alcohol and drugs maintaining control of your loved one.

Allow yourself to feel the chaos of fear, the chaos of uncertainty, allow yourself to experience the grief you feel, know this is normal and healing is possible, you will be okay in time and over time.

## Depression & detachment...

Living with the loss of a loved one to alcohol or drugs is like a never-ending nightmare, they still live, they may still be in your life, and they may keep feeding the drama and chaos of their lifestyle into yours. It is like being in a boat in a storm that never ends, tossed around, battered and bruised and never knowing what is coming next.

How do you survive this, do you feel right now like you are drowning, are you struggling to recognise there is an end, or are you praying for an end. The longer you are in this process the more depressed or detached from yourself you become. It is not about rushing trying to get past this in a hurry, it is about understanding – accepting 'it's okay to feel not okay' and slowly stepping toward the dialogue and bargaining phase.



## Noticing when you are stuck...

For many with a loved one in addiction they become stuck in the grief (and other things too), trying to save themselves by trying to save their loved one – desperate for them to get help, desperate for them to agree they need to change, when all the while alcohol and drugs are leading you slowly (or rapidly) to your own death as a happy healthy human being.

It is difficult to find acceptance without the right professional support, support you will not generally find in traditional psychological services. The question is how long are you going to stay stuck before you have had enough?

Getting unstuck and being able to move from where you are now to 'returning to a meaningful life' is important – regardless of what your loved one is doing.

This does not mean you need to abandon your loved one, it means getting yourself 'unstuck', getting well and being supported to explore options and being able to put a new plan in place – a plan that is right for you.

Book a Discovery Call with Rosemary – explore how you can enjoy a new way forward  
[BOOK HERE NOW](#)



# An Addicts Point of View

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## “The Addict, Recovery, and Grief”

On starting my ‘serious & committed’ journey toward ‘recovery’ what I expected and what I got were two different things. Initially I thought if I stopped drinking and drugging my life would be ‘all good’ for me and my family, I now know that was an unrealistic expectation.

After 15 odd years from my first ever attempt to stop and stay stopped, this has been a heck of a journey for me, and the journey continues. The journey has been all about me coming to learn and being able to do ‘living life on life’s terms’ without alcohol or drugs in it.

I want to write a little about the reality of stopping and staying stopped, and as an addict now helping others, I would like to offer families and those on this journey some hope. There is hope of a better way, there is hope of a better day and there is hope of moving well beyond the emotional chaos and drama that led me (and possibly you) to picking up alcohol and drugs in the first place.

It felt good to get through the Acute Withdrawal, it felt good having family proud of me, I did not expect the roller-coaster ride I was about to face – and if I had known I probably would have jumped ship and gone back to using.

Those first few weeks were like a honeymoon, believing I was back in control, but after that, reality started to kick in, reality I needed to face.

Stage right – relapse number one – believing I was okay.

### *Back to using.*

I felt good, I didn’t need anything other than just being able to stop, I had it under control. I did it on my own, no detox, no rehab, no counselling.

Looking back, I learnt lesson number 1 – feeling good tricked me into believing I was okay – and back came the power and control of alcohol and drugs.

The result of this, once I sobered up again and had another go 3 or so months later, was I noticed this time my family were not so proud of me, they seemed scared, they didn’t know about the control substances had on my brain, and nor did I back then. In many ways I felt I had let them down, and they looked at me differently.

I felt ‘loss’, I noticed the loss of their support, I noticed the loss of their trust, I noticed the loss of their hopes for me. On reflection I can recognise now that their loss was far deeper, I had lied to them, I had blamed them, and I had even been abusive toward those who I should have cared about the most.

My pre-drug using days friends had disappeared too, everyone said I had changed, I didn’t understand what they meant. The loss of connection with my family and old friends hit me hard, and I thought all I had now was my drug using mates, dealers and others who were still caught up in that old lifestyle.

They still welcomed me, I thought they cared, I thought they respected me, but I now know it was all about their relationship with the drugs and lifestyle that came first. I also know, at that time, this was the place I felt most comfortable, I seemed to ‘fit’, I didn’t seem to fit in the clean and sober world.

Stage right - relapse number 2 – feeling of loneliness, isolation, and anger.

### *Back to using to feel better.*

Again, around the cycle, hating myself, hating my lifestyle and hating what I was doing and where I was heading – more alcohol more drugs to deaden the reality. More aloneness and no connection with self, just a numb feeling.

Addiction is all about emotions, stopping and staying stopped is not about getting rid of emotion it is about learning how to live with our greatest gift – our emotions.

Rosemary taught me emotions are our most valuable tool, they are our database – they alert you to when something is wrong. If we keep avoiding our emotions and not connecting with them – our life becomes chaotic & crazy.

The penny dropped at that point – while I continued to block out my emotions, while I believed how I was feeling was going to drive me crazy, then I would stay in the grips of addiction, maybe clean sometimes but as soon as something went wrong – back I would go to old coping strategies.

Just because the penny had dropped, didn’t mean I was able to stay clean and sober – I had many ‘slip ups’, but got straight back into my journey for sobriety after each ‘slip up’.

For me grief was huge, I often spent my time thinking about the past, punishing myself for the losses, for the damage, recognising I was no longer who I used to be. Every thought dragged me deeper into despair.



I want you to know it was never easy and sometimes today it is not easy either, I just need to accept ‘it’s okay to feel not okay’, I don’t need to escape my emotions.

I did decide to seek help and that is when I met Rosemary, she cleared the trauma, she cleared the emotional backlog, and she guided me on a pathway to staying stopped.

I now know I need to maintain my emotional balance, and I know they are my emotions, nobody else can create my feelings. I am way more self-aware and I take responsibility for my wellbeing.

*Jeff*



# Help for You – Rosemary Brown

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***If you would like to know more about creating a new way of ‘being’ for yourself without having to abandon yourself or your loved one then***

**Book a Discovery Call with Rosemary –**

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

**A bit about how Rosemary works:**

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.

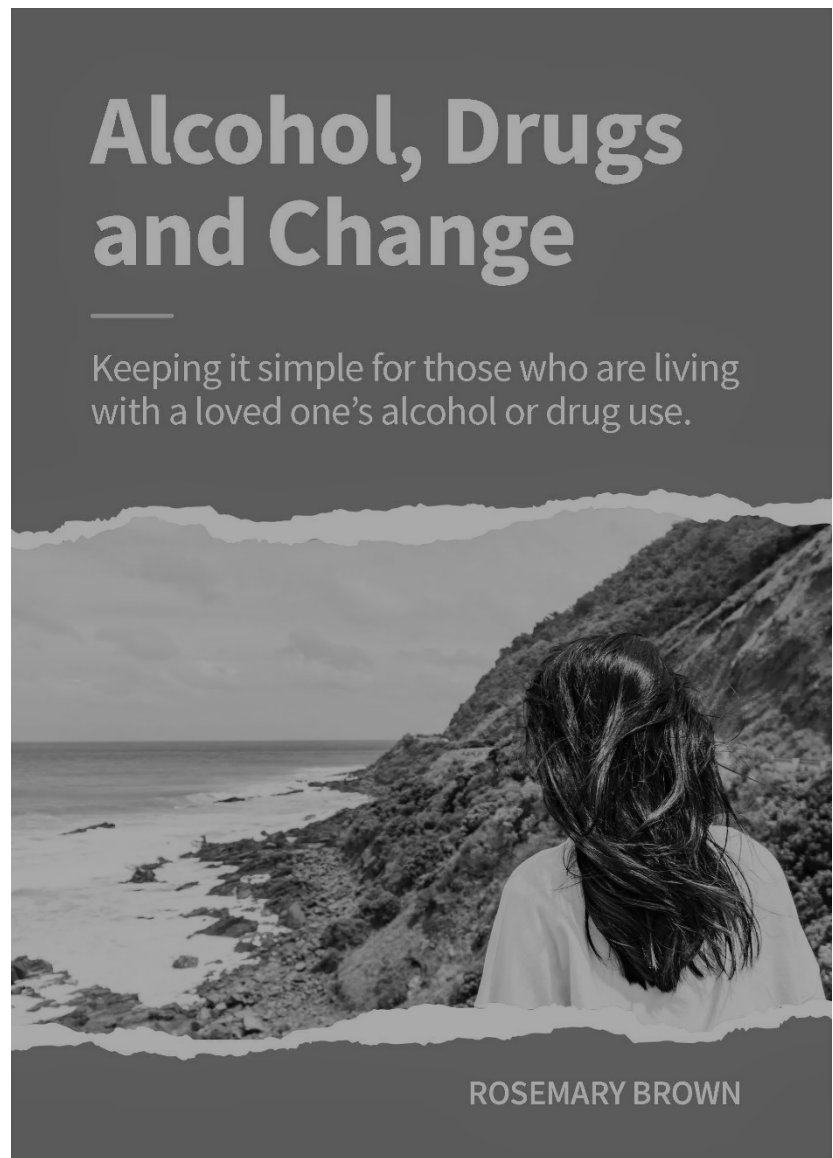
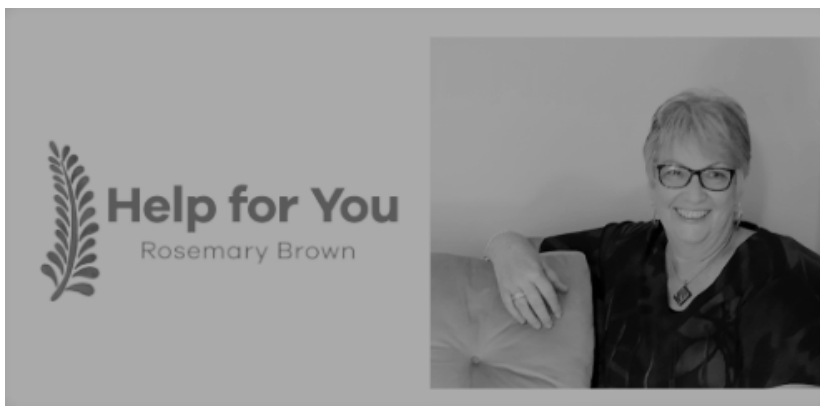
Many years ago, Rosemary discovered the ‘talking cure’ did not work long term for her clients, she knew this stuff happened at a level outside of our conscious awareness, so it made sense she needed to be working to clear it at that level.

Someone had planted a seed some years before referring to NLP (Neuro Linguistic Programming) and the power of working with the sub-conscious, this is where the new journey began.

Not knowing how truly powerful NLP was, as she trained she experienced first-hand the power and the impact that NLP had on the long-held trauma and emotions she was carrying. Practitioner Certification training cleared all this for her, and Master Practitioner Training enabled Rosemary to use these powerful techniques with others.

Since integrating this training into practice Rosemary has made an incredible difference in the lives of so many people. People who were convinced they were stuck with PTSD, anxiety, depression and so many other emotional issues, have now healed this reality and are free to enjoy life. This change in understanding, the recognition that 90 to 95% of our process takes place at a sub-conscious level, therefore this is where 95% of the healing needs to be done, transformed Rosemary’s life and now transforms the lives of so many others.

Rosemary works every day fulfilling her mission of helping and supporting those who are impacted by a loved one’s addiction. She makes a difference. That difference is made in as little as 3 sessions and is simple and effective – no need to retell past events, no need to relive the feelings – it only takes an openness to doing therapy in a different way.



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