

Supporting An Addict

When the Addict is Using Substance/Not in Recovery

Your greatest help to them is assuring you don't "cushion" them from falling how they need to fall
Your biggest fear is that in doing so, very devastating things could happen

When the Addict is in Recovery

Your greatest help is to give them the space and freedom to go through the process of recovery
Your biggest challenge will be learning to relate to them under sober terms
Your greatest fears will be in trusting them again (which must be earned)

The Cycle of Enablement

