

When someone you love has an addiction, it is common to see the experience as solely about the person with the addiction. However, addiction is often known as a "family disease." This is because addiction impacts not only the person using substances, but those who love them.

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- a. Addiction is a difficult disease. The person with an addiction may try to push boundaries as a result of their dependence on substances. It is important to take a step back in a calm fashion and recognize what boundaries you have, such that your life is not negatively impacted by the needs of a person using substances.
 - b. For instance, if your parent has an addiction and you are heading home for a holiday break, it will be important to know not only what to expect from them, but what you're willing and not willing to put up with. If your parent asks about how college is going, you may choose to respond; if they ask for an extreme request, you may choose not to grant that to them no matter how much they ask. Know your boundaries and stick to them.
2. . Using the boundary setting example above, it is important to recognize that if you return home for the holidays with a parent who has an addiction, they will not suddenly be free from their addiction without long-term therapeutic work. Be realistic about what to expect; this will help you anticipate what behaviors you may need to

<https://www.towson.edu/counseling/resources/relationships.html>

<https://www.towson.edu/counseling/resources/anxiety.html>

<https://www.towson.edu/counseling/resources/depression.html>

1. For your recovery



2. For self-care



Al-anon.org
Nar-anon.org
SMARTrecovery.org
SAMHSA.gov
adultchildren.org

<https://www.pyramidhealthcarepa.com/set-boundaries-with-an-addict/>

https://www.huffpost.com/entry/why-dont-adult-children-often-leave-addictive-parents_b_11867212

http://www.robertjackerman.com/images/stories/counselor_december_2007.pdf

<https://drugabuse.com/library/how-to-stay-healthy-when-someone-you-love-is-addicted/>

Child of alcoholic parent: <https://www.youtube.com/watch?v=qneoYIT0tOI>

Spouse/general handling active addiction <https://www.youtube.com/watch?v=Z3iwQBcWomg>

Not enabling: <https://www.youtube.com/watch?v=s6XZVISDX7Q>

Codependency: <https://www.youtube.com/watch?v=TcZMarmxitU>