

HOPE: Is it Possible?

Yes ~ there can be hope - even in the midst of hopelessness!

Hopelessness is a common denominator experienced by the family and friends who have loved ones struggling with addiction or alcoholism. The result of finding myself in the throes of this discouraging circumstance leaves me exhausted. Overwhelmed.

A solution seems impossible. Questions race through my mind:

“Why won’t he change?” “How can I help her?”

These are legitimate questions, but today I need to funnel my energy into steps that will bring relief.

Hopelessness is usually the result of basing hope on my loved one being willing to change.

It’s challenging, perhaps impossible, to change someone else. The only one I can change is myself.

So I will take the spotlight off of my loved one and re-direct the focus onto me.

“Am I willing to make changes in myself?”

No one likes to feel hopeless ~
yet it drives us to get help!

Today I can take healthier steps to GRAB on to hope.

Get knowledgeable

- * Books: Smoke and Mirrors: The Magical World of Chemical Dependency by Dorothy Marie England
The Four Seasons of Recovery for Parents of Alcoholics and Addicts by Michael Speakman
Setting Boundaries with Your Adult Children by Allison Bottke
Listing of additional books can be viewed at the PAL website: www.palgroup.org

- * Organizations: **PAL** (Parents of Addicted Loved-ones) www.palgroup.org
Al-Anon www.al-anon.org

Release control

Lean into the Al-Anon saying:

❖ *“You didn’t cause it. You can’t control it. You can’t cure it. But - you don’t need to contribute to it.”*

If I can accept the fact that I cannot cause, control or cure the addictive behaviors then I need to take the next step. Ask: Contributions? I need to evaluate how my behaviors or actions may be contributing to and perhaps prolonging the problem.

- ❖ *“Doing less is best.”* ♦ Refuse to take responsibility for my loved one’s behavior.
♦ Remember that not all “help” is healthy.

Accept help from others

Open myself up to others. Receive an objective perspective ~ a breath of fresh air.

- ♦ Personal counselor
- ♦ Support group
- ♦ Family and friends

Be willing to change

“The first place change must take place is with you, the only person you truly can change. You must make a commitment to change your own beliefs, habits and actions. Until you do, the same cycle will simply repeat.” Mike Speakman (PAL Co-founder and Counselor)