

Eleven Principles of Family Education About Addiction and Recovery

- 1) There is a *curriculum* to your loved-one's recovery from addiction and you can learn it.
- 2) Your loved-one's recovery is not an event. It's a process through time –it's a *journey*.
- 3) Your loved-one's journey is one of *growth* –emotional and spiritual growth.
- 4) This journey is a *marathon*, not a *sprint*.
- 5) Your loved-one's journey of growth invites you to focus on *your* own journey of growth.
- 6) Despite appearances, you have **no** control over your loved-one's journey; only your own.
- 7) Your loved-one's journey is not your journey.
- 8) Your journey forces you to face and confront some unpleasant realities of life.
- 9) You are not alone on this journey, and all the help you will need is available.
- 10) The further you go on your journey, the more it will help your loved-one.
- 11) You can get to a point on your journey, where no matter what your loved-one does, you will either know what to do, or know where to find out what to do.