

Watch Part 1 of the Kristen Smith video

Kristen is a practicing Licensed Substance Abuse Counselor in the Phoenix, Arizona area.

The following is based on her experiences and professional expertise.

1. Kristen says the most difficult part of the addiction, from the parents' perspective, is the loss of the parent's **d _ _ _ _** for their child.
 - A. What is healthy about having a dream for your child, and what is not healthy?
 - B. Your adult child may not share your dream for their life.
 - C. You may need to let go of your dreams for them and accept their choices.
 - D. If so, how do you do that?
2. Kristen notes that the hardest struggle for parents of addicts...is that they fail to take care of themselves in two separate ways. First, they tend to stop living their own lives and next, they get caught up in the **d _ _ _ _** of the addict.
 - A. Healthy adults take vacations, pursue hobbies, enjoy life with friends, which are critical for your health.
 - B. How do you take a vacation while your addicted loved one is suffering?
 - C. It is not healthy to wrap your life around your addict's situation.
 - D. How do we remove ourselves from the drama?
3. Kristen says that, at its root, using drugs is a **c _ _ _ _ _ m _ _ _ _ _** to deal with the stresses of an addict's life.
 - A. Is it not your fault that your addicted loved one failed to deal with life's stresses in a more positive way.
 - B. Taking drugs is a way out of problems for the addict. Ironically, this just leads to more problems for the addict.
 - C. What do addicts need in order to start moving toward recovery?
4. Kristen says that drugs alter the "pleasure chemical" in the brain, called **d _ _ _ _ _**. This throws their emotions out of balance.
 - A. This helps parents understand that their addicted loved ones are constantly going through severe mood swings.
 - B. This explains why things that should be fun like playing a game with friends is not fun for an addict. Why not?
5. Kristen mentioned several times that parenting an addict was a **counter-intuitive** process.
 - A. Name some of these things that parents need to do that are counter-intuitive to parenting when dealing with an addict.
 - B. She said that setting boundaries is critical for parenting an addict and helps addicts step up and into life as adults. Why does this feel wrong?

"We have to first treat the addiction and then treat the underlying causes that cause them to be in dis-ease where they use the coping mechanism of addiction."

Kristen Smith, LISAC

"Good parenting of addicts... is setting boundaries and doing things and not doing things ... that don't feel like good parenting."

Kristen Smith