

Watch part 2 of the Kristen Smith Video—starts at 5:55 mark

*Kristen is a practicing Licensed Substance Abuse Counselor in the Phoenix, Arizona area.
The following is based on her experiences and professional expertise.*

1. **Support:** It is beneficial to attend a support group where other parents who may be down the road a little further can help calm the fears and help others understand that they're not in control of their loved ones actions.
2. **Groups:** Support groups like PAL can help an addicted loved one by helping the parent be in recovery themselves. Recovery is from their own propensity towards their c o _____ y."
3. **Boundaries:** When parents start to help their child by having healthy boundaries and taking **healthy risks** ... to step away ... that actually gives the addicted loved one the opportunity to step into life themselves.
4. **Hopelessness:** "When people feel completely hopeless, when they come into PAL or counseling, I often try to help them get support from other people who are experiencing the same thing ... because there's something about connecting with other humans and their e x _____ that helps them overcome."
5. **Reaching out:** "How a parent might know that they need to get some help through PAL or counseling is if their grief or their fear becomes overwhelming and their own life becomes u n _____ and out of control."
6. **Counseling addicts:** "What I'm trying to help people learn to do who are in recovery...is to help them grow up. So, I'm helping them with their developmental immaturity issues" (which caused them to take drugs in the first place)."
7. **Counseling addicts:** "I'm helping them learn how to use containment and m o d _____ in their life ... in ALL areas of their lives. That's what healthy adults do."
8. **Parents' impatience:** "When parents jump in too soon in their addicted loved one's recovery, they actually thwart the process. They are now helping the loved one realize they can't do it on their own."
9. **Help for parents:** When people move into their spirituality they have a better propensity to hand things over to a higher power/God/Jesus..."
10. **Joy:** "People can find joy even if their loved one does not choose to go into recovery or get help, by having support in their life, by having other people who can understand their g r ___ and fear, by potentially going to counseling to figure out what's holding them back from being able to have self-care and experience life fully..."

*"What people have
to do to
recognize their hope
is to begin to do
their own self-care."*

— Kristen Smith

*"It's often a family
disease where
everybody has a role,
and if
everyone is in
recovery together
then the family can
get healthy
quicker."*

—Kristen Smith