

Importance of Motivation

Both pain and hope can motivate a loved one suffering from addiction to seek sobriety and recovery. Pain comes from the increasing negative consequences of addiction and from the diminishing euphoria of drugs. Hope comes from a place in their hearts where dreams still exist – dreams for a better life. No matter where someone is in their recovery, pain and hope can continue to motivate them to reach their highest potential.

Dear Loved One,

I've noticed your inability to make healthy changes in the way you've been living your life. I've learned that complaining about your unwillingness to change has not been helpful. Nor is it helpful to hope that someday you'll "magically" change. Therefore, I commit to the following three changes that I, myself, will make.

1. I promise I will work to accept your r_____ to change.

When I accept that resistance to change (even positive change) as normal, it allows me to learn how to support you in overcoming your resistance to change. I believe that when you stop resisting change, you will make healthy changes in the way you live.

2. I promise to shift my focus on how I h_____ you.

There are key areas of life where change may benefit you such as excessive anger, dishonesty, irresponsibility, procrastination, or lack of self-discipline. I will stop trying to help you by doing things for you such as telling you what to do, making excuses for you, making decisions for you, rescuing you from the negative consequences of your actions, etc. Instead, I will focus on what motivates you to overcome your resistance to change. I will change from "How can I help you?" to "How can you help yourself?"

3. I promise to learn better methods that support you to m_____ yourself.

I will learn by following suggestions of professionals in the field of recovery. I'm already learning this unpleasant truth: "When the pain of **not** changing becomes greater than the pain **of** changing, people **will** change." An important part of my new learning is to set boundaries and consequences with you. It's also important to enforce them. I will not save you from the often painful consequences of your decisions. I believe that when you experience true consequences, you will take your own steps to make healthier choices next time.

I hope you see these changes in my actions as being motivated by my love for you.

I love you,

Responsibility of Parents

"Parents do the best they can with the information they have at the time — parents do not want their children to suffer from addiction – their responsibility is to help their children learn to live in this world as an adult."

Suggestions

- Accept the fact that change is hard.
- Stop unhealthy helping.
- Set boundaries and consequences.
- Allow natural consequences.

"I love you enough to let you experience your own journey as painful as that may be."