

## 12 Principles of Healthy Adult Relationships<sup>i</sup>

1. I will not help you stay and wallow in limbo.
2. I will help you grow to become more productive by your own definition.
3. I will assist you in becoming more self-sufficient, more self-loving, and more empowered to take control of your own life.
4. I cannot give you dreams or “fix you” - simply because I cannot.
5. I cannot give you growth or grow for you. You must grow yourself by facing reality - grim as it may be at times.
6. I cannot take away your loneliness or pain.
7. I cannot sense your world for you, evaluate your goals, or tell you what is best for you in your world. You have your own world.
8. I cannot convince you of the crucial choice of choosing the scary uncertainty of growing over the safe misery of not growing.
9. I want to be with you and know you as a rich and growing friend, yet I cannot get close to you when you choose not to grow.
10. When I begin to care for you out of pity; when I begin to lose trust in you then I am toxic, bad, and inhibiting for you and you for me.
11. My help will look different now. I will be pulling for you and never give up on you. I won't accidentally “help” out of my love for you and rob you of the self-esteem you would receive by solving problems on your own.
12. If you can accept all of this, then perhaps we can help each other to become what God meant us to be: mature adults leaving childishness forever to little children.

*The most common one-letter word found above in the **12 Principles** is the word: \_\_\_\_*

*This simply reiterates the fact that we cannot **c**\_\_\_\_\_ others but we can choose how we respond in healthy adult ways.*

### MIKE SAYS...

*“Perhaps the most important thing that you can do as the parent of a recovering person...is let him or her go (“let go” meaning let go of control, of trying to force your ideas, your way).*

*Ironically, letting go (of control) is tough when situations are going well. It’s even harder to let go when situations provoke anxiety and worry. Such is the case when people are leaving the safe and secure confines of in-patient treatment. Parents can expect to be concerned about all of the challenges facing a loved one who is just getting out of treatment for addiction and who now must deal with all the stresses of life without the safe cocoon of the rehab environment to help them.*

*This is a time for parents to practice giving up control while still maintaining boundaries and consequences with their recovering sons or daughters.” (It is time to allow our loved one to gain the self- esteem of working through and solving their own problems.)*

*from The Four Seasons of Recovery for Parents of Alcoholics and Addicts by Mike Speakman*

<sup>i</sup> Stepping Stones to Recovery for Women: Experience the Miracle of 12 Step Recovery (1994). Center City, MN: Hazelden Publishing