

## SUPPLEMENTAL LESSON – VIDEO: KRISTEN SMITH PART 1

Kristen is a practicing Licensed Substance Abuse Counselor in the Phoenix area. The video is based on her experiences and professional expertise. After watching part 1 of the video, complete the following.

1. Kristen says the most difficult part of 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 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 their loved one.
  - A. Healthy adults take vacations, pursue hobbies, and enjoy life with friends, which are critical for their health.
  - B. How do you take a vacation while your loved one is suffering?
  - C. It is not healthy to wrap your life around your loved one'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 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 person suffering from addiction. Ironically, this just leads to more problems for your loved one.
  - C. What does your loved one need 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 loved one is 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 someone suffering from addiction. Why not?
5. Kristen mentioned several times that parenting someone suffering from addiction was a **counterintuitive** process.
  - A. Name some of the things that parents need to do that are counterintuitive to parenting when dealing with their loved one.
  - B. She said that setting boundaries is critical for parenting and helps their loved one 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...is setting boundaries and doing things and not doing things...that don't feel like good parenting."*

Kristen Smith, LISAC