

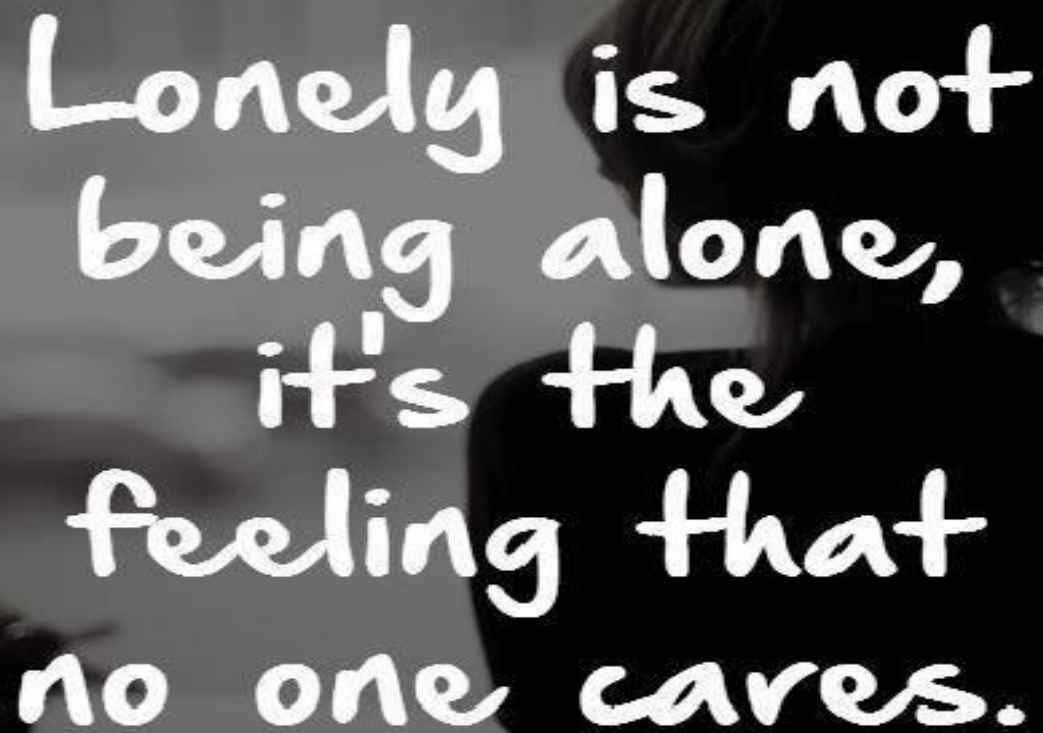
Addiction and the Family: Our Problem or Your Crisis

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Lonely is not
being alone,
it's the
feeling that
no one cares.

Addictions



Addiction can cross generations along w/ the systemic dysfunction it creates.

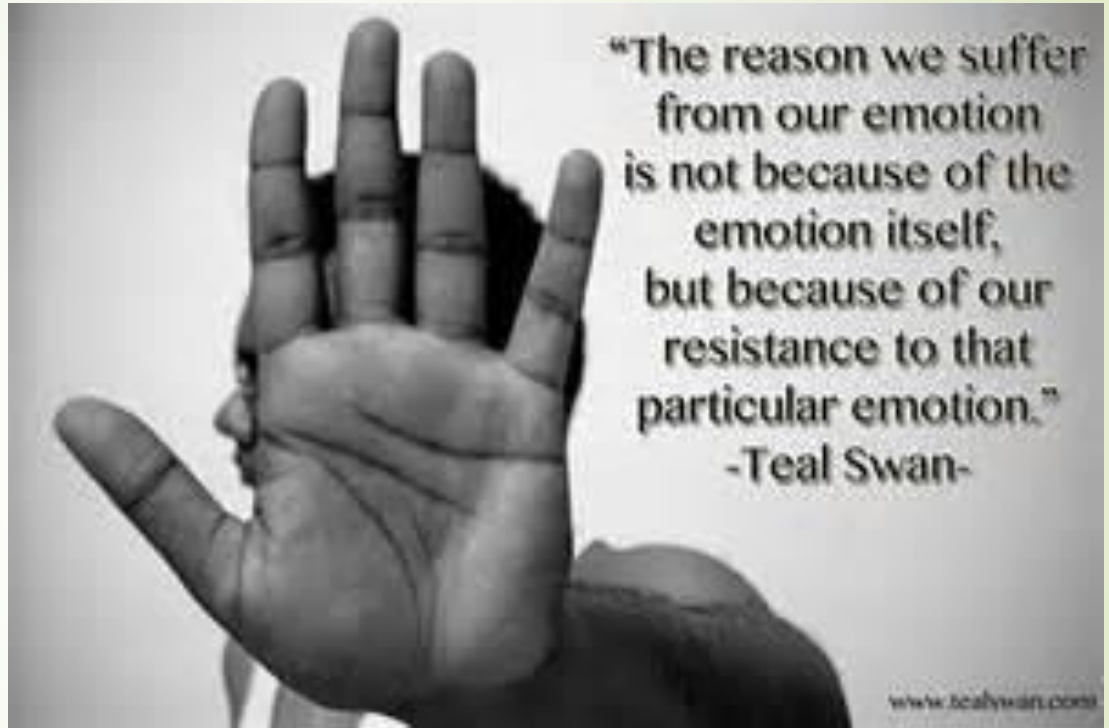
It can destroy a family just as it can an individual.

Maladaptive roles are often developed in error while attempting to assist the addicted person.

Addiction is often viewed as a disease, not a matter of choice, but family members may view it as a choice.

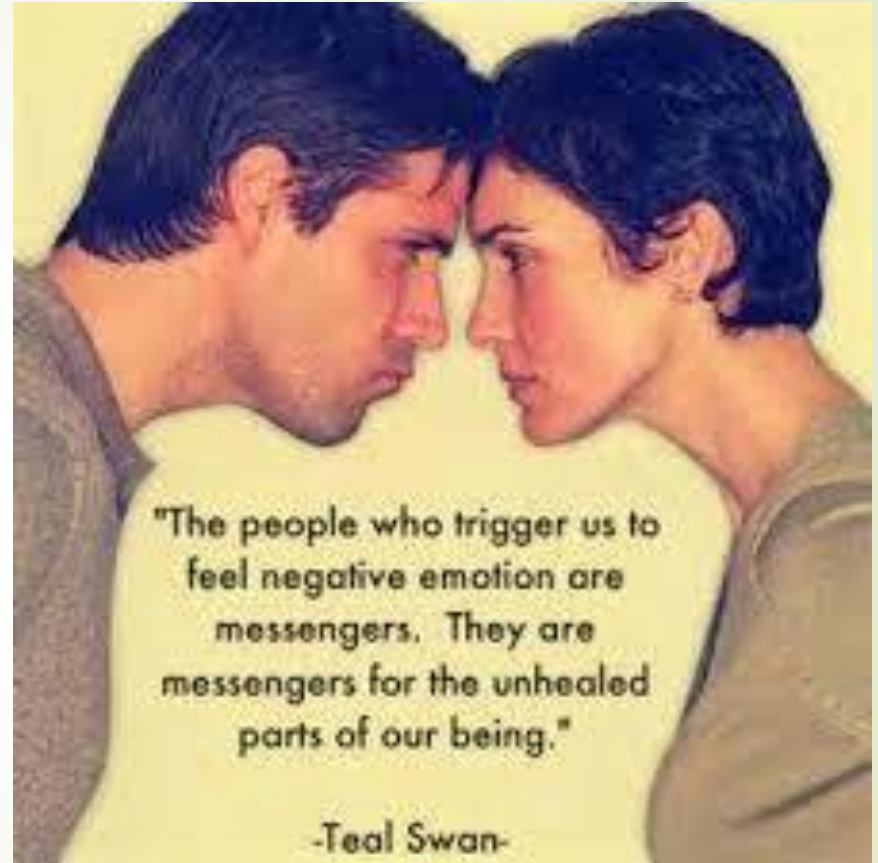
Maladaptive Behaviors

- Denial,
- Aggression,
- Withdrawal,
- Avoidance,
- and Escape Behavior



Codependency

- ▶ A dysfunctional pattern of living that emerges from our family of origin and culture, producing arrested identity development, and resulting in an over reaction to things outside of self and under-reaction to things inside self.
- ▶ —John & Linda Friel, 2010
- ▶ Family members are torn between how to help and how to avoid being sucked into the addict's world.
- ▶ It promotes escape from one's own feelings or even avoiding responsibility for one's own happiness.





Characteristics/ Symptoms

- ▶ Lives in extremes
- ▶ Difficulty establishing boundaries
- ▶ Difficulty owning one's reality
- ▶ Difficulty meeting one's needs
- ▶ Difficult esteeming self
- ▶ Terrified of rejection and abandonment
- ▶ Lean towards people one can rescue
- ▶ Controlling or overly compliant*

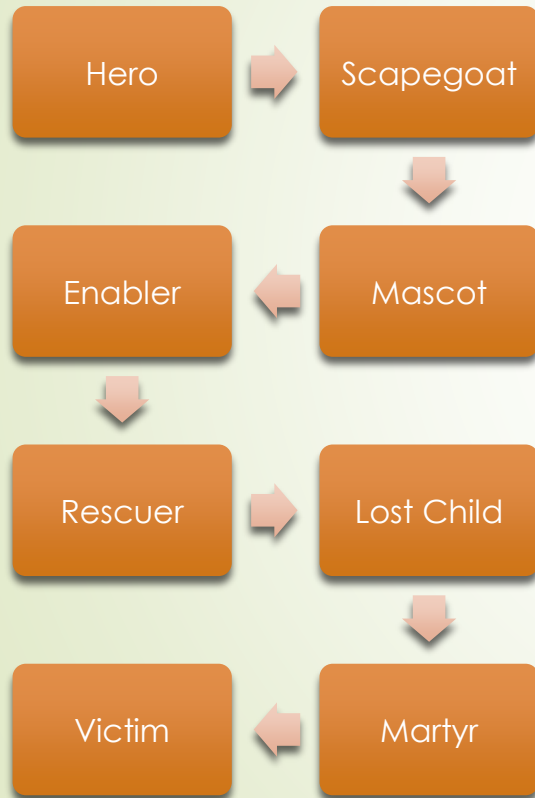
Detaching ---to let go

- ▶ Doesn't mean I stop caring, it means I can't do it for you
- ▶ Isn't to enable, but to allow learning from natural consequences
- ▶ Denotes powerlessness, meaning the outcome isn't in my hands
- ▶ Isn't to fix, but to support
- ▶ **Isn't to deny, but to accept**

Don't Try
to Fix Me

Nail in Head

Dysfunctional Family Roles



This Thanksgiving, let's at least pretend we're not a dysfunctional family.



someecards
user card

The Family System



Dysfunctional

- Rigid, secretive, and closed
- Mistakes are punished, judged, and shamed
- System controls which emotions are allowed and shared
- Individual awareness is based on shame, denial, and delusions
- The individual exists for the system
- Roles are assigned by the system

Functional

- Open, expanding, and changing
- Mistakes are disciplined properly and forgiven
- All emotions are shared & allowed
- Boundaries are protected
- Roles are determined by the individual

Adaptive processes	Family of coping	Problem-solving Strategizing Instrumental action Planning	Information-seeking Reading Observation Asking others	Self-reliance Emotion regulation Behavior regulation Emotional expression Emotion approach	Support-seeking Contact-seeking Comfort-seeking Instrumental aid Social referencing	Accommodation Distraction Cognitive restructuring Minimization Acceptance	Negotiation Bargaining Persuasion Priority-setting
	Family function in adaptive process	Adjust actions to be effective	Find additional contingencies	Protect available social resources	Use available social resources	Flexibly adjust preferences to options	Find new options
	Also implied	Watch and learn Mastery Efficacy	Curiosity Interest	Tend and befriend Pride	Proximity-seeking Yearning Other alliance	Pick and choose Secondary control	Compromise

Maladaptive processes	Family of coping	Helplessness Confusion Cognitive interference Cognitive exhaustion	Escape Behavioral avoidance Mental withdrawal Denial Wishful thinking	Delegation Maladaptive help-seeking Complaining Whining Self-pity	Social isolation Social withdrawal Concealment Avoiding others	Submission Rumination Rigid preservation Intrusive thoughts	Opposition Other-blame Projection Aggression
	Family function in adaptive process	Find limits of actions	Escape noncontingent environment	Find limits of resources	Withdraw from unsupportive contact	Give up preferences	Remove constraints
	Also implied	Guilt Helplessness	Drop and roll Flight Fear	Self-pity Shame	Duck and cover Freeze Sadness	Disgust Rigid perseverance	Stand and fight Anger Defiance

Shame vs Guilt

➤ Shame



➤ Guilt



Boundaries

Purpose

▶ Boundary Clip

Setting boundaries
doesn't make me
"mean."

I can set limits and expectations
for my life and still be "nice."

Considering your wishes
doesn't mean I have to do
what you think I should do.

My feelings and thoughts
are part of the decision.

And if you don't like it,
that belongs to you.

knowmyworth.com

Myths

- ▶ I'm being selfish
- ▶ Boundaries are signs of disobedience
- ▶ If I set them, I'll be hurt by others
- ▶ If I set them, I'll hurt others
- ▶ It means that I'm mean
- ▶ I will feel guilty



Treatment

CBT

- Unlearn the old and learn the new
- Explore relations b/t feelings and addictive behaviors
- Explore how patterns produce self-destructive behaviors and beliefs that direct the actions
- Promote Reframing/ CR
- Explore response cost
- Explore fixated cognitions, emotions, and behaviors

Awareness Training

- How do you benefit from the victim's role?
- Why do you become preoccupied with the addict's behavior?
- How does trying to control the addictive behaviors benefit you?
- Describe ways the insanity consumed you while trying to control the addict's behavior.
- How does enabling benefit you?
- What have you lost trying to save him/her?
- I am an enabler when



Treatment cont.

Act and
Commitment
Therapy

- Acceptance
- Cognitive Defusion
- Being Present
- Self as Context
- Values
- Committed Actions

Choice Theory

Right now in the moment
I am going to do what I
can, with what I have &
what I know, from where I
am & that's enough.

Teal Scott, Santa Fe Workshop 15-06-13

Choice Theory cont.

- ▶ The only person's behavior you can control in yours.
- ▶ All you can give another person is information.
- ▶ You can only satisfy your needs by satisfying the pictures in your Quality World.
- ▶ All we do is behave. (respond; emotions indicate)

William Glasser

- ▶ ****WHERE ARE YOUR CHOICES TAKING YOU?****





Recovery's A Family Affair

Recovery involves moving
beyond martyred self of
sacrificing and giving to
feel safe in a relationship.
—P. Ferguson, 1999



Moving beyond obsession
and pre-occupation with
emotions and behaviors of
the IP to self-awareness.
—P. Ferguson, 1999

Addiction Recovery

