

A person's legs in jeans and boots walking on a wooden plank. The image is split horizontally, with the top half showing the person's legs from the side and the bottom half showing the person's feet from the back. The background is a blurred outdoor setting.

5 CLEAR STEPS FOR TALKING ABOUT ADDICTION

There is nothing easy about watching someone you love struggle with drug or alcohol addiction. Whether it's a long-standing issue, or something that has struck your family by surprise - substance abuse affects the entire family, not just the person who's addicted.

Remember- there will never be a better day than today to address these issues. It can literally be a matter of life and death, so don't put it off!

So, what is a framework for creating a positive conversation? Here are 5 Clear Steps for Talking About Addiction:

1). Calm and Straightforward

As you start the conversation, keep in mind that no one likes to be told what to do, even if they desperately need to change.. In fact, sometimes the more someone needs to change, the less willing they are to listen to good advice. Begin the conversation in a calm and straight-forward manner, expressing your love and concern, and be ready to ask questions and listen rather than preach.

2). Listen With Acceptance and Respect

Whether you've tried 100 times, or haven't said anything at all, stay positive and accepting. If something is said that upsets you, don't lash back in anger. Instead, try saying "You're right!" This phrase will help disarm the person and open the door to deeper dialog, especially if they've been gearing up for a confrontation. No matter how much anger and denial is present, there is always hope for making a new and positive breakthrough by harnessing the power of acceptance and respect.

3). Engage With Humility

“I don’t understand” is another phrase that can open the door to more meaningful conversation. While it’s tempting to say “I get it” in order to create a sense of togetherness and support, in reality this may just create further frustration. Stay humble, and admit that you don’t really know what they are going through.

4). Ask Open Ended Questions

It’s important to gain clarity about what has been happening, but ask your questions in a non-threatening way and open-ended way. Questions such as **“Do you feel you are in a good place in life?”** or **“Are you aware of your behavior when you _____? Is that really how you want to be?”** can lead to extended discussion and insight.

5). Responsibility Must Be Shared

One of the most important things you can do with someone who is struggling with addiction is to help them recognize that at the end of the day, they must own the responsibility for making a change. A powerful phrase for unlocking this sense of inner responsibility is ***“If you were in jail and had the key, wouldn’t you let yourself out?”***

With thoughtfulness and planning, you can have a CLEAR and successful conversation with a loved one about their addiction, and guide them towards seeking help. Stay **C**alm, **L**isten with acceptance and respect, **E**ngage with humility, **A**sk open-ended questions, and share the **R**esponsibility. In most cases, dedicated professional help is needed for someone to overcome their addiction, but your loving and CLEAR conversation can play a crucial first step in empowering them to reach out for help.

Are You Or A Loved One Struggling With Drug Or Alcohol Addiction?

If you'd like to learn more about how Florida House could be a good option, please don't hesitate to call us at 877-709-4591 today. Our trained and caring counselors are ready to speak with you or your loved one today.

We understand the most difficult step in recovery is the first one, reaching out for the help you need. Our Addiction Counselors are:

- Highly Experienced
- Down-To-Earth
- Sensitive To Your Situation

We will comfortably guide you through addiction treatment options, and will patiently work with you to ensure that you are taking the appropriate steps for your recovery.

Over 15+ years of experience treating drug & alcohol addiction effectively! For more information, give us a call at 877-709-4591 to speak with a friendly counselor Today!

Learn more about the Florida House Experience at:
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