



# Family & Friends



**SMART Recovery**  
**CIGNA Presentation**  
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“WHAT STARTS OUT AS HELPING TURNS  
INTO RELATIONSHIP POISON”

from GYLOS (Get Your Loved One Sober)

# Hula Hoop Analogy



Remember the hula hoop? Imagine that you have one around you right now. It magically hovers around your waist area all the time. Now imagine that everyone else has one around them, too.

So often, we spend an incredible amount of time and energy on things that we can't control. And then we get mad at ourselves for failing to do what was never possible to do in the first place because it was not within our control

Ok, you might say, but what has that got to do with a hula hoop? Think of the hula hoop as your very own sorting tool for differentiating between what you can and cannot control. In other words, if it is *in* your hula hoop, you can probably control it. If it is *out* of your hula hoop, you cannot control it and all efforts to do so are wasted.

What is IN your hula hoop?

- **EVERYTHING ELSE!**
  - other people
  - other people's thoughts
  - other people's actions
  - the weather



# BOUNDARIES

Guidelines that we identify to define what we feel are reasonable, safe and permissible ways for other people to behave around us and to treat us

Boundaries are not restrictive walls that close us in and shut others out

Can help minimize miscommunication and free us to enjoy a healthier relationship with our loved one

Healthy boundaries are **not** about the other person or their actions. They are about us.

*Your words may be to the contrary, as you scold, nag, beg, plead, but your behavior shouts:*

*“I’m here to make it easier for you”*

from GYLOS

# Enabling Questionnaire

The questions below are examples of behaviors that often serve to prevent someone from experiencing the natural consequences of their choices to continue with the addiction.

## True or False:

\_\_\_ Have you paid bills that your Loved One (LO) was supposed to have paid?

\_\_\_ Do you avoid talking about your LO's drinking or drugging out of fear of the response?

\_\_\_ Have you threatened to leave if your LO didn't stop drinking.... and then *did not* leave?

\_\_\_ Have woken your LO so he or she would not be late for work or school?

\_\_\_ Have you explained, (multiple times) to your LO that he or she **MUST** stop drinking/using?

\_\_\_ Have you bailed your LO out of jail or paid his or her legal fees?

\_\_\_ Have you ever helped your LO look for items they lost while drinking or using?

\_\_\_ Have you ever avoided making plans to spend time with family or friends because you were concerned your LO's behavior would be unpleasant due to drugs or drinking?

\_\_\_ Have you ever cut back on your own expenses because of your LO's substance use?

\_\_\_ Do you believe your LO's lies...over and over?

\_\_\_ Do you accept your LO's excuses?

\_\_\_ Do you allow yourself to be physically or emotionally abused by your LO?

\_\_\_ Do you make addictive behavior seem "normal" to your children?

\_\_\_ Do you let your LO change the subject when you bring up their substance abuse problem?

\_\_\_ Do you nag/plead/threaten your LO in an effort to inspire change?

\_\_\_ Do you keep your LO's addiction a secret from others? To protect your LO? To protect other family members from the uncomfortable truth? To avoid feeling embarrassed for yourself?

The problem  
is not the  
problem.

The problem  
is your  
attitude about  
the problem.

Do you  
understand?

- Captain Jack Sparrow





7. How important is it that I make this change:

*Not at all Important*

*Most Important*

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1      2      3      4      5      6      7      8      9      10

8. How confident am I that I can make this change?

*Not Confident*

*Very Confident*

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1      2      3      4      5      6      7      8      9      10

*“When we are no longer able to change a situation,  
we are challenged to change ourselves” ~Viktor Frankl*

- **Exercise – Resolving Fear**

Divide a sheet of paper into three columns.

- **Column 1: What scares me?** Name your fear or feared negative outcome. (E.g., I'm afraid if I leave, he'll just get worse)
- **Column 2: Write the fear as a “what if” sentence.** What if that happens? (E.g., What if I leave and he does get worse?)
- **Column 3: What would I do in response?**
- Check in with yourself to see if actually confronting the fear and making a plan reduces the anxiety associated with it.

If it leads to another fear such as feeling guilty, then make that the next fear in the first column and continue.

1. I'm afraid he'll get worse and I'll feel guilty
2. What if I do feel guilty?
3. What would I do?

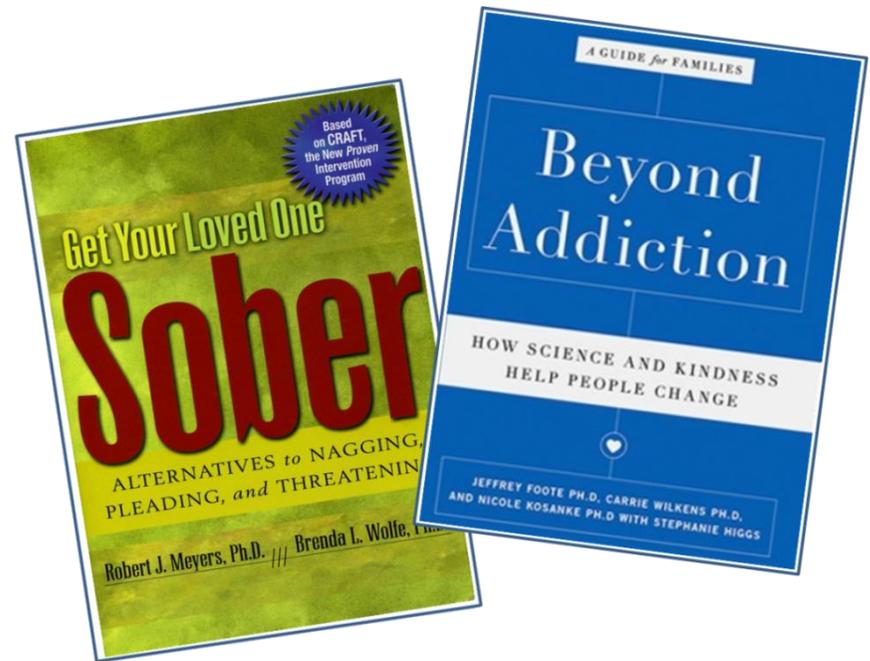
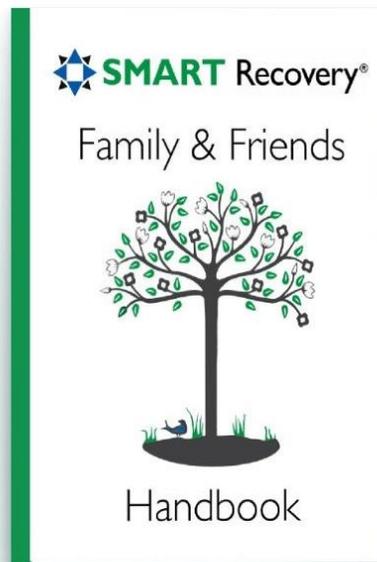
Keep going with this until you have a plan. This technique allows us to create plans for these feared outcomes (which may never come to pass). This gives us more control over them and reduces our worry about them. It takes away the mystery and allows us to reassure ourselves that if the feared outcome did occur, we would be able to handle it.

*Consider a lighthouse. It stands on the shore with his beckoning light,  
guiding ships safely into the harbor. The lighthouse can't uproot itself,  
wade out into the water, grab the ship by the stern and say,  
"Listen you fool! If you stay on this path you may break up on the rocks!".  
No. The ship has some responsibility for its own destiny.  
It can choose to be guided by the lighthouse. Or it can go its own way.  
The lighthouse is not responsible for the ship's decision.  
All it can do is be the best lighthouse it knows how to be.*

~Randi Kreger



# Suggested Reading for Family & Friends



# CONTACT US:



**Find a Meeting**

**Start a Meeting**

**Ask a Question**

