

Stop Enabling Addiction

Are you loving someone to death? This is a question that we as parents often wonder about. The more we do, the more they want. It is what we resolve to do to rescue them from the clutches of their substance abuse. We save our kids only to find out that one, they don't remember and two they don't care. The only time they reach out is when they need money, otherwise we don't hear from them for months. I always knew when I was enabling my kids. There was always this pit in my stomach and my intuition was screaming at me loud and clear that what I was about to give them was not the right thing to do. You have everything to lose and nothing to gain from enabling your addicted kid. The following comparison is what I came up with to determine the difference between enabling vs helping:

YOU ENABLE THEM BY:

Giving Money When Asked – They will beg, plead, cry, yell, threaten. They will say things like, “I am starving, I need gas money, I have a doctor’s appointment and I need the co-pay, (this was my daughter’s favorite), or I have to pick up my prescription.” Be aware that the **ONLY** thing they need money for is to support their habit and buy more drugs.

Paying for A Car – A car, gas, insurance, etc., is needed to go to work or school, they are also using it to meet their dealer, go to the pawn shop, and transport drugs to other addicts. They also use this car to transport everything they have stolen from you.

Paying for a Phone – You want to stay in touch with them so you pay for their phone, I get it, I did pay for my daughter’s phone. However, remember, that they buy their drugs using this phone and have their dealers on speed dial.

Paying for or Providing a Place to Live – Either she is living in your home, or you are providing money to pay rent, utilities, or even spring for a hotel room. You are providing a place for her to get high, and you are also providing a place for her to overdose in your bathroom or in another strange place. Let them find their own shelter to use. You don't want to watch her kill herself.

Bailing Them Out of Jail – Bailing him out of jail and bringing him home only continues to contribute and condones the drug abuse. Help him by not bailing him out of jail.

You Love(Help) Them By:

Giving Them Food – Taking them out to eat and buying her a meal is a way to stay in contact and also allows you to open up a conversation on whether she is ready to get help. It provides the opportunity to offer help.

Seeking Professional Help – Contacting an interventionist. A professional interventionist can open up communication with your son, along with family involvement, and increases the chances for him to enter treatment. This is an option for some, not all. I have seen this work and I have seen this backfire where a kid absolutely refuses to move forward. Remember, some addicts like being addicts. You have to know your own child before hiring an interventionist.

Getting Treatment – She needs it. If she had cancer, you would do anything to get her medical treatment and help her put the disease into remission. Getting her into rehab is putting her drug addiction into remission. Let me preface this statement. Rehab treatment programs are not a guarantee that the addict will not relapse when they return, it's possible and likely. This is not for every addicted kid and you shelling out thousands of dollars may not be the right choice for your family.

Answering the Phone – Always try and answer the phone, but stay strong. You can tell him how much you love him and always ask the question “Are you ready to go into treatment” or “Are you ready to get help” If he’s not ready then let go until he comes to you for help.

Treating The Disease Like the Disease It Is – As I mentioned in a previous Chapter, drug addiction is a disease and educating yourself about the specific drug of choice will arm you with the signs and symptoms which will increase your chances of getting them into the right treatment program that will treat the disease for life, not just a temporary fix. Again, you know your child so if your child is not ready, willing and able, there is nothing you can do.

When I talk with my clients I advise them that enabling their son or daughter is a vicious cycle that never ends up in their favor. If they continue to give them money, for instance, their kids will go to extremes to get the money from them.

This is an excerpt from my upcoming book “Stronger” (What doesn’t kill you). My book comes out on December 15, 2016 on Amazon and I would love to give you a copy for free just by being on my email list. My book will be available for 5 days for free when it launches on December 15, 2016 and I would love for you to have a copy. I will notify you 5 days before the launch as a reminder to go and grab your copy.

About the Author:

Sandy Sherman is an author, an entrepreneur and a Parent Recovery Coach. She specializes in helping Parents, specifically Mom’s; recover from their kid’s substance abuse. She focuses on helping Mom’s of drug and alcohol addicted kids because she’s been through it. Sandy realizes that helping parents that become victims of their kid’s choices hinder their own healing and recovery. Through her coaching program, she has developed powerful

techniques and keys for parents to learn how to tend to their own needs so they are best able to help their children through their own recovery.

Finding That Positive Change Is Possible for Mothers of Addicted Kids, by

Finding Love, Patience, Insight and Keys to Finally Let Go and Take Your Life Back

She knows firsthand what life as an addicts Mom is like. She works with Mom's directly and together they form a workable strategy starting from right where they are, in the present. Sandy knows first-hand how the parents place blame and responsibility on themselves of their kid's addiction, so working hand in hand and heart to heart, she begins with recovery of the parent.

Sandy has studied with and been mentored by a prominent life and business coach. She has utilized her coaching skills to help Mom's on the road to recovery. Her desire is to help Mom's strengthen their faith and love and weaken their fears and guilt about taking their life back.

Sandy lives in New Mexico with her wonderful husband, 2 beautiful horses a crazy and awesome English springer spaniel named Merlin and a Pit-bull "our little piglet" named Kita

Contact me with your comments: sandysherman57@gmail.com

I would love to hear from you, share your stories, your struggles, your dreams.....

Thank you!

Sandy Sherman