

1 ■ FAMILIES IN ADDICTION/INTERVENTION

Chapters 5-7

2 ■ FAMILY SYSTEM

- ▶ Understanding Homeostasis
- ▶ Each family has a point of regulation – can be positive or negative
- ▶ God intended family for certain design, but plan is disrupted by a control-based human system

3 ■ SYMPTOMS OF UNHEALTHY FAMILY

- ▶ Control (dictatorship or passive)
- ▶ Lack of love to glue and bond the family leads to the wrongful use of the will (forcing or submitted out of fear, shame, etc.)

4 ■ SYMPTOMS OF UNHEALTHY ADDICTION CENTERED FAMILY

- ▶ Symptom 1. The home operates by lies and denial.
- ▶ Symptom 2. The home operates by shame.
- ▶ Symptom 3. Loyalty to people equals loyalty to sin
- ▶ Symptom 4. The roles of the family are misappropriated and confused
- ▶ Symptom 5. Lack of intimacy and identity
- ▶ Symptom 6. Unhealthy dependency styles
- ▶ Symptom 7. Tainted view of God

5 ■ FAMILY ROLES

- ▶ Roles of survival and compensation are used to survive
- ▶ These roles adjust and adapt to help keep the family centered in an unhealthy way
- ▶ Everyone is affected and gets hurt as a result.
- ▶

6 ■ ADAPTIVE FAMILY ROLES

- ▶ BCAP
- ▶ Enabler
- ▶ Invisible
- ▶ Good One
- ▶ Problem One
- ▶ Counselor
- ▶ See Diagram/Mobile

7 ■ INTERVENTION

- ▶ Breaking the cycle of addiction requires God's tools, not human effort
- ▶ We must learn and understand how God intervenes to acquire His perspective
- ▶ Prodigal Son – the purpose of pain

8 ■ WHAT'S ENABLING?

- ▶ When a family member/friend unknowingly promotes addictive behavior by allowing it or cushioning any negative consequences that should be the natural effect of poor choices.
- ▶ Enabling reinforces bad behavior, while offers no benefit or reward for positive change.

9 ■ INTERVENTION PRINCIPLES

1. A full surrender must occur where family members acknowledge their inability to change the addict.

2. Declare your love towards the person under the influence.
3. Understand the purpose of pain.

10 **ENABLING**

4. All forms of enabling the addiction must end including:
 - ▶ Removing the consequences from the addict's bad behavior.
 - ▶ Continuing to own the problems of the addict rather than allow them to own their own problem.
 - ▶ Allowing the addict's denial to dictate reality.
 - ▶ Filling in the gaps for everything the addict can't or won't do.
 - ▶ Excusing the addict's behavior, blaming something or someone else.

11 **ADDICTION'S INTERRUPTION**

- ▶ Addict is forced to feel ramifications of bad choices. This means his or her own decisions cause problems, and no one is available to bail the addict out or remove those consequences.
- ▶ Addict deals with overwhelming loss as a result of the lifestyle and choices. Oftentimes everything the addict once loved or values begins to slip away.
- ▶ Addict faces the potential of a marriage loss. A spouse may tolerate the addiction up to a certain point, and then opt to leave the marriage.
- ▶ Addict has a spiritual encounter - conviction by the Holy Spirit. It's possible for an addict to hear a message or read the Word and receive conviction directly from the Holy Spirit.
- ▶

12 **ADDICTION INTERRUPTION**

- ▶ Addict faces the potential of a job loss. The addict may lose functionality to the point that he or she is unable to function in the work environment. It should be noted that places of employment are required to accommodate substance abuse treatment. Thus this doesn't need to occur, but can when the addict isn't willing to get help.
- ▶ Addict faces serious health problems. The physical body can be worn down and sick to the result of serious health issues or even the potential of death.
- ▶ Addict faces serious criminal and legal problems. Both jail and prison can be the "come to the senses" moment.
- ▶

13 **INTERVENTION PRINCIPLES**

5. Actively Pray and Seek God for their return.
6. Place a holy standard (boundary) that protects your own heart from wrongful behaviors.
- 7.
- ▶

14 **BOUNDARIES**

Boundaries also allow family members to live a life centered on God rather than on addiction. Through boundaries, family members can keep out the addictive behavior and set consequences for wrongful choices that attempt to sabotage their own heart.

- ▶ Boundaries will include:
 - ▶ The opportunity for the addict to be free to make choices (not control)
 - ▶ The communicated standard of allowance in the home (what is okay, what is not okay). This standard can't dictate someone else's behavior (which would be control). Rather, it

acts as a protective fence that determines what is given access.

- ▶ A clearly designated and reasonable consequence (if you drink, this will happen)
- ▶ A willingness to follow through on the consequence if it is breached. If consequences are not followed through, then the boundary itself no longer has any value
- ▶ A loving intent to allow the addict to repent and return at any point, where he/she can be welcomed with open arms when recovery occurs
- ▶ A loving intent not to be manipulated when the addict wants to return under any other circumstances (blame the program, blame treatment, say they don't need help, etc.)

15  **WHERE TO GO NEXT**

Implement a Personal Intervention Plan

Work out Personal Recovery Program

