

# Treating the Chemically Dependent Family

## Get Healthy

Communication

Boundaries

Detachment

Recovery

Free

## Truth

Family members are as sick as the alcoholic/addict

Responsibility not to rear children in the env. (History repeats)

Families need transparency

Sick not bad

Goal is well not good

What is common sense to you is not to the world

## What it takes

Accountability

Responsibility

Consistency

Action: Nothing happens without action – Einstein

Support – Alanon, AA, 12 step support groups, church etc.

# Recovery Education A Guide For Teaching Chemically Dependent People

**JS Bruner**



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