

When a Loved One Has An Addiction

By: Ask Deanna!

All families have secrets but no one wants to talk about the pink elephant that is always in the room. Other than a female that has babies by several different fathers, drug use is a loud whisper that family members wish they could sweep under a rug. Drug abuse is an addiction that latches onto a persons mind, body and soul and completely takes over. The father, mother, brother sister, cousin or aunt not only have a drug use problem, but subject the entire crew to theft, abuse, pain and suffering. Other than ridicule, shame and ignoring, how do you deal with this?



The first step is acknowledgement and removal of denial. Realize that your loved one has a drug use problem and whether you like it or not, they're a pothead, a crack head, alcoholic, cocaine user, or plain and simple, they're a junkie. After numerous thefts, personal items taken to the pawn shop or ridiculous loans and requests for money the problem can't be ignored. Your loved one is on drugs and you need to come to grips with this truth in recognizing the addiction. Once you're over the embarrassment, pain and humiliation it's easier to proceed with help, therapy or a solution.

Upon being able to recognize the addiction without getting emotional and taking it personal, it's best to immediately proceed with a solution. Most families waste time before getting to this step because too much time is spent trying to blame someone or something. In other words, they try to find a reason and go through the "why me", "why my child" or "why us" drama not to mention beginning to worry about what others will think if the secret gets out.

Drug addiction is rarely treated successfully

with a "cold turkey I can stop anytime I want to approach." Clinical assistance, therapy, detoxification and a lot of family support is needed. There are many toll free numbers to call in the yellow pages, several low cost treatment centers and websites or even churches that can be the first step to treatment and recovery. If the family member isn't strong enough to make the call to a treatment facility or resource on their own, come together as a unit and work together. It takes a village to raise a child so why not use the same village to save an adult.

So you ask yourself, we've acknowledged the problem, recognized the addiction and found a treatment center, now what? The next step is getting ready for a long ride that will be filled with ups and downs and many tumbles off the wagon. Drug addiction can begin with one puff or one snort but it can take a lifetime to heal and recover. The treatment process and getting things under control will be rough, there will be slips with more drug use, threats of suicide and a lot of emotions, crying and assumptions of never ending uphill battles.

You, your family and the victim of drug addiction can tackle this problem together if you remain steadfast and committed, no judgmental tendencies and a lot of prayer as you cooperate with the treatment facility and follow any plans they outline.

Drug addiction is not the end of the road for your loved one and the rainbow will reappear in your family. Embrace the situation with love, support and faith and you will overcome and be victorious.

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