

# Recover Together:

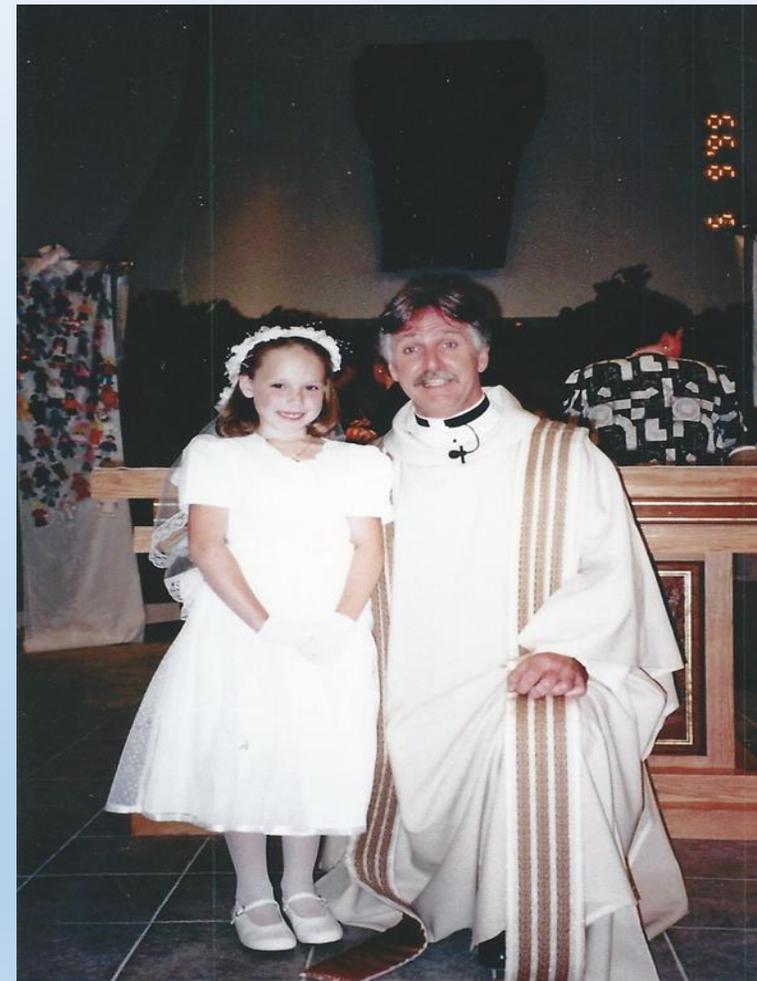
## Eliminating Tough Love and Embracing Loving Well

Katie Donovan-Writer, Speaker, Coach  
CEO/Founder A Mother's Addiction Journey

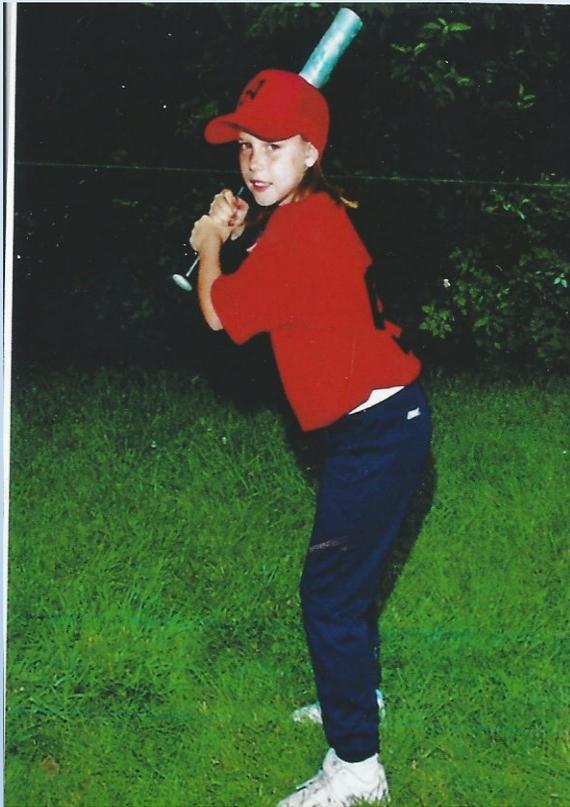
# My Daughter



# Typical Suburban Family



# Involved in Everything



# How It Began



# Where Her Addiction Took Her



<http://JailBase.com>

BRITTANY KATHRYN SHERFIELD, Booked on Jan 09, 2015

# Overdose after Overdose



# Recovery is Possible!



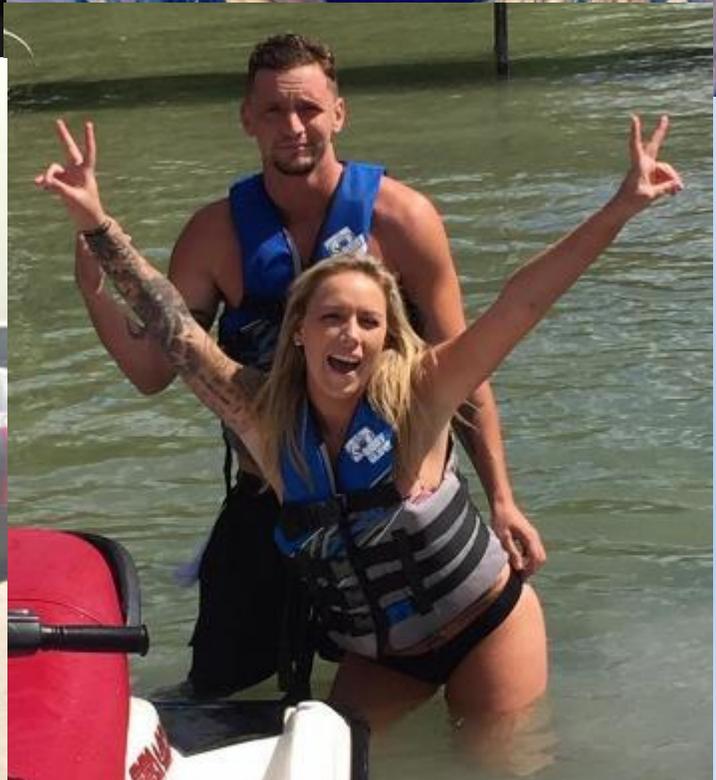
# Mother Daughter Duo



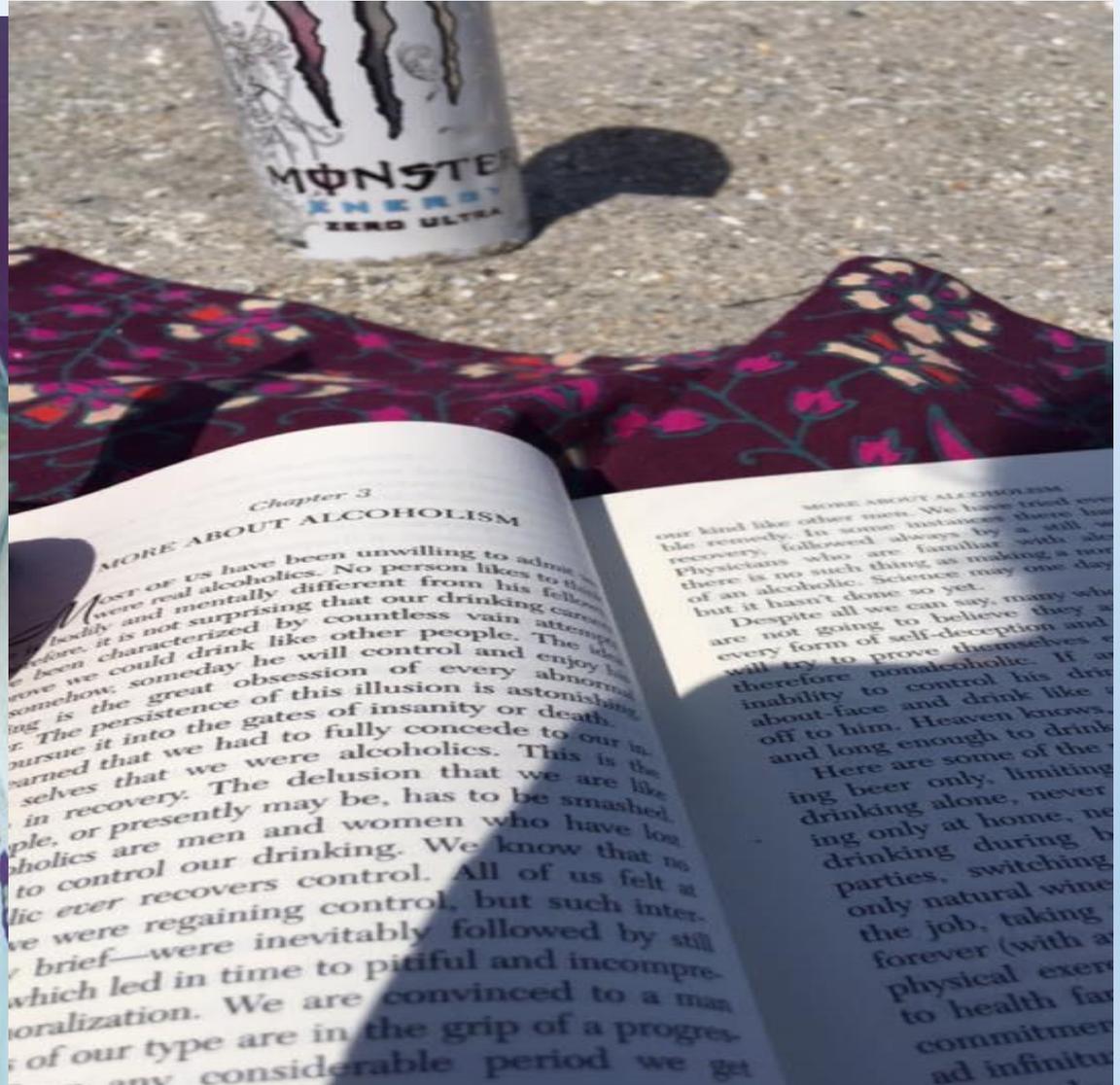
- Leading an incredible life
- Productive member of society
- Apartment and dog
- Going back to school
- Sponsors 5 women
- Speaking engagements

Katie-Nationally Certified Family Coach

Brittany-Sober Coach/Interventionist



# On Sundays we Slay and Pray



EDIT & SEND

Chapter 3  
MORE ABOUT ALCOHOLISM

Most of us have been unwilling to admit that we were real alcoholics. No person likes to think of himself as being mentally different from his fellows. It is not surprising that our drinking careers have been characterized by countless vain attempts to stop. Somehow, someday he will control and enjoy his drinking. The idea is the great obsession of every alcoholic. The persistence of this illusion is astonishing. We have pursued it into the gates of insanity or death. We have learned that we had to fully concede to our inabilities in recovery. The delusion that we are like other people, or presently may be, has to be smashed. Alcoholics are men and women who have lost the ability to control our drinking. We know that no alcoholic ever recovers control. All of us felt at one time that we were regaining control, but such interludes were inevitably followed by still longer periods of helplessness which led in time to pitiful and incomprehensible demoralization. We are convinced that a majority of our type are in the grip of a progressive disease. For any considerable period we get

MORE ABOUT ALCOHOLISM

our kind like other men. We have tried every remedy. In some instances there has been recovery, followed always by a still more relapse. Physicians who are familiar with alcoholism tell us there is no such thing as making a cure of an alcoholic. Science may one day do it, but it hasn't done so yet.

Despite all we can say, many who are not going to believe they are every form of self-deception and will try to prove themselves otherwise. They are therefore nonalcoholic. It is their inability to control his drinking that makes him an alcoholic. He is an about-face and drink like a man off to him. Heaven knows, and long enough to drink and long enough to drink.

Here are some of the symptoms of alcoholism: limiting beer only, limiting drinking alone, never drinking only at home, never drinking during business parties, switching only natural wine for the job, taking a vacation forever (with a physical examination) to health far from commitment and infinity.

**A Disease Always Lurking**

# It Takes a Family



# Stigma and Judgement

**Where were  
the parents?**

**Whispered  
Disease**

**“Stop Killing  
Your Kid”**

# Archaic Phrases and Meanings

- They have to hit bottom
- Let go and detach
- Tough Love
- Powerless

# Families Are Labeled

- Enablers
- Co-dependent
- Resistant
- Denial
- Lack of boundaries
- Anxiety, worry, fear
- Anger, resentment
- Guilt, shame, embarrassment
- Depression, grief

**How is that helping?**

# We Lose our Identity

- If she's in clean, I'm happy
- If she's using, I'm a mess
- We rescue, we are the clean up crew
- We walk on eggshells
- Stop doing things for ourselves
- Become resentful "I gave you "\$20, I fixed your car"
- Marriage, our relationships become strained

# Common Coping Behaviors -Family Members

- Obsessing, Controlling, Manipulating
- Defensive, Argumentative, People Pleasing
- Worry, Fear
- Martyrdom-Fixing, Giving, Suffering “After all I’ve done for you” ....
- Taking On Too Much

Fredricksen, Lisa, *“If You Loved Me, You’d Stop!”*. KLJ Publishing, 2019

# The Family Cycle -Traditional Model

**Restless**

**Irritable**

**Discontent**

# Shift Happens-Family Recovery

“At the heart of every relationship is communication. If the people in the relationship cannot find a way to tell each other what they need, what they want, and what they appreciate in each other, the relationship is skating on thin ice”

Meyers, Robert J, PHD, “*Get Your Loved One Sober*”. Minneapolis: Hazelden Publishing, 2004

# Healthy Communication-Its not a debate

- The quickest way to start a fight is to make someone feel attacked

With the sting	Without the sting
You're an accident waiting to happen when you use.	I get scared when you use.
Why don't you get off your butt and find a job, its been 6 months. Don't you have any self respect?	I know not working must be hard for you, do you want to talk about the challenges you are having?
Once again, you didn't show up to dinner. I'm so sick of this.	I feel very hurt when you miss dinner without calling.

# Healthy Boundaries

- It is not my job to fix it “I’m sorry that happened, what do you think you can do?”
- Be clear-Instead of “when you disrespect me, I won’t speak to you”, be specific “when you swear at me, I feel disrespected”
- It is OK to say NO
- It is not my job to take responsibility for others “you’re lack of preparation, is not my emergency”.
- I don’t have to anticipate the needs of others
- Avoid toxic people and toxic information –the peanut gallery “if that was my kid...”

# Recover Together

- Respond vs React
- Listen
- Remove expectations
- Accepting where they are-emotionally, mentally, physically
- Say what you mean, mean what you say, but don't say it mean
- You're loved one's recovery is not your business
  - Cooke, Dave, *"The Addicted Child"*. Bloomington: iUniverse, 2018

# Recover Together

- Slow it down. BREATHE.
- Focus on the next step, don't try to figure out the next 6 months. Only focus on what's next. Ex: daughter lands in jail. Next step: bail or no bail? Next step: what recovery program to get him in. Baby steps.
- Make sure the family team is discussing plans along the way, DON'T WAIT FOR THE CRISIS.
- Stay accountable and on track with your own personal recovery plan.
- Leave the past in the past...far better to move forward and look at the best in us and gently forgive our worst. The urge to relive memories over and over brings nothing new to the table but hurt and tension
- As a family, we go with our loved one on this journey...together

# WE MUST UNITE

- A worsening national crisis requires a stronger response
- Education for all is imperative
- Coordination between all stakeholders is crucial
- Primary objective: **SAVING LIVES**
  
- Katie Donovan
- [www.amothersaddictionjourney.com](http://www.amothersaddictionjourney.com)
- [katie@amothersaddictionjourney.com](mailto:katie@amothersaddictionjourney.com)
- 586-556-2602

