

# Stop! Things You Must Know Before Trying To Help Someone With Addiction

Addiction is a complex and challenging issue that can affect anyone, regardless of age, gender, race, or socioeconomic status. It can be difficult to know how to help someone who is struggling with addiction, but there are a few things you should keep in mind.

First, it is important to understand that addiction is a disease. It is not a moral failing or a sign of weakness. People who are addicted to drugs or alcohol are not bad people; they are people who are struggling with a serious illness.



## STOP - Things You MUST Know Before Trying To Help Someone With Addiction by Glenn Rader

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Second, it is important to be patient and supportive. Recovery from addiction is a long and difficult process. There will be setbacks along the

way, but it is important to be there for your loved one and to never give up on them.

Third, it is important to set boundaries. You cannot enable your loved one's addiction. This means not giving them money or drugs, and not covering up for their behavior.

Fourth, it is important to seek professional help. There are many resources available to help people who are struggling with addiction. Treatment can be expensive, but there are many low-cost or free options available.

Fifth, it is important to take care of yourself. Helping someone with addiction can be stressful and emotionally draining. It is important to take breaks and to make sure that you are getting the support you need.

Here are some specific things you can do to help someone who is struggling with addiction:

- Talk to them about their addiction. Let them know that you are concerned about them and that you want to help.
- Encourage them to seek professional help. There are many different types of treatment available, and they can help your loved one get on the road to recovery.
- Be supportive. Let your loved one know that you are there for them and that you believe in their ability to recover.
- Set boundaries. Do not enable your loved one's addiction. This means not giving them money or drugs, and not covering up for their behavior.

- Take care of yourself. Helping someone with addiction can be stressful and emotionally draining. It is important to take breaks and to make sure that you are getting the support you need.

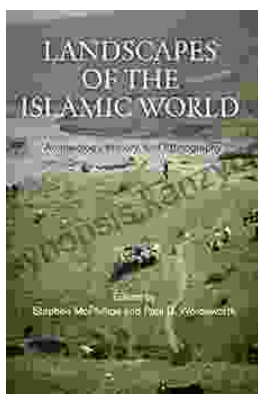
Addiction is a serious disease, but it is one that can be overcome. With the right help and support, your loved one can recover and live a healthy and productive life.



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