



QUICK START GUIDE

1. Get Educated Section

- Watch the 10 minute intro video from David, our founder.
- Learn about addiction as a disease.
- Take the test to see if you are a codependent?
- Learn about setting boundaries than set them and HOLD THEM!
- Learn how to STOP enabling your loved ones addiction.
- Find your closest Al Anon or Nar Anon meeting and attend 6 different meetings to see if it's right for you.

2. Get a Plan Section:

- Use information on how to do an intervention.
- Find out what your medical insurance covers.
- Decide on the proper after care support: Therapy, AA/Nar Anon, Medical

3. Get Started Section:

- Use information to regain your sanity.
- Learn what actions to take now to help yourself “detach” from the craziness this disease brings into your life and your family's life.

4. Get Support Section:

- Visit the daily blog for support readings.
- Learn the slogans to help you when craziness from the disease comes.
- Learn and say the Serenity Prayer to help you in troubled times. Even if you aren't religious or spiritual you'll be amazed at how it helps.

Email us at info@strengthandhope.com for additional questions on the disease and how to successfully navigate through this challenging time. And remember, you didn't CAUSE IT, you can't CONTROL IT, and you cannot CURE IT. But you can help yourself and your loved one by following the above suggestions.