



## QUICK START GUIDE

**ABOVE ALL \*\* STOP ENABLING YOUR LOVED ONE!!\*\***

**\*\*IT IS THE #1 CAUSE OF DEATH\*\***

- Get Educated Section
  - Watch the additional intro video on how best to use this site.
  - Learn about addiction as a **disease**. Watch the video highlights from “Pleasures Unwoven” documentary.
  - Learn about rehabs and watch the video highlights on “the business” side of it.
  - Take the test to see if you are a codependent? Then use information on website to help you deal with it successfully.
  - Learn about **setting boundaries** than set them and HOLD THEM!
  - Learn how to **STOP enabling** your loved ones alcoholism and addiction.
- 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 which is CRITICAL to healing and preventing relapse: Lifestyle changes, Psycho Therapy, AA/Nar Anon, Medical Treatment etc.
  - Learn about drug courts as an option if your loved one has had legal issues.
- Get Started Section:
  - Keep **the FOCUS** on yourself. Use information to help regain/keep your sanity.
  - Learn what actions to take now to help yourself “detach” from the craziness.
  - Find your closest Al Anon or Nar Anon meeting and attend some meetings.
- Get Support Section:
  - Learn the slogans to help you when you start feeling upset or crazy.
  - 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 can help.
  - Visit our blog. Consider purchasing books suggested and **READ DAILY**.

Email us at [info@strengthandhope.com](mailto:info@strengthandhope.com) for additional questions on this “family 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. Take life one day at a time and keep coming back for strength and hope! Repetition is the “mother of learning” and in our experience you will get stronger by following the above guide.