

# Waves of Grace

## Everlasting Healing

“...depend on the world of God”

For reel change go here

[www.gracethemovie.us](http://www.gracethemovie.us)

### Addiction Is a Family Disease

#### The Addict –

**How** would they know this? How could they know this? The addict is so far removed from reality in their addiction that they fail to realize what they are doing to their family, friends, relatives and others. All they can think about is how and where they will get their next fix. The pain, shame and need for any manufactured stimulation cannot be met with love, caring and intimacy. If it did how would they justify stealing from you? How would they even think of lying to you or anyone else?

They certainly know how to manipulate. They will go to extremes to trick, conceal their use and blame you to meet their needs. It is where you become an enabler and learn that addiction affects them as well. It is where detaching with love becomes a most important tool for the family.

#### The Enabler -

**You** love them so...  
You give them money.  
You buy them clothes.  
You take them places that you would never go. You turn your head and look the other way. You make excuses for them. You deny a problem exists. You lecture, blame and criticize. You protect them from pain. You attempt to control them. You tell yourself that it will eventually pass. You take on their responsibilities.

**YOU** need to learn to love them through detachment. You need to learn how to help them even when they don't want it. Sometimes the one word they need to hear and you need to say is "No!" You cannot rescue or save an addict.

Most importantly **YOU** have to stay away from codependency with the addict. Otherwise you jeopardize their recovery – and yours.

#### The Family -

**The** addict will steal the family blind. Family will try to “help” alcoholics and addicts. Usually they end up making it easier for the addict to continue in the progression of their disease. Family doesn't always realize the addict has to answer to the consequences of their actions. The family cannot be there to rescue the addict time and time again. Don't give them the idea that no matter how much they screw up the family will be there to rescue them.

Helping is doing something for someone not capable of doing it for themselves. Enabling is doing things for someone who could do them and should be doing for themselves.

Want to learn more? Go to [www.gracethemovie.us](http://www.gracethemovie.us) and stream or order the movie with the facilitator's guide. **Learn about addiction!!**