



For parents that are experiencing a loved one in addiction, you are probably feeling exhausted, isolated, scared, and ready just to throw your hands up because everytime you open your mouth and try to help your son/daughter, it's like talking to a brick wall. Every move you make seems to be the wrong one. Your work life may even be suffering because even though you are physically present at work, mentally you are not.

All your attention and focus is worrying about your child, and your performance at work suffers. People are noticing a change in you and not for the better. They may even be telling you open up and let people know whats going on, but when you do, you may experience feeling judged pushing you deeper into isolation and confusion.

When you try to Google and go to forums online researching what to do and how to fix it your child, you may be left feeling more confused than ever because one person says this, and another person says that and it all contradicts each other and you're left just wanting to pull your hair out. It may seem like you haven't really slept in days or weeks and the exhaustion leaves you sitting in the car crying at stop lights and begging the higher powers that be to just tell you what to do to "fix your child."

Addiction is like being in a foreign country. It operates under its own set of rules and has its own language. You need a guide to help you understand the rules and the language. Imagine going to a foreign country with no interpreter.

The F.A.C.T.S.™ System provides an organized and cohesive process to helping you navigate the murky and chaotic waters while maintaining your life amidst the chaos. You can get lost and dive down in the depths of their hell if you don't guard yourself. The F.A.C.T.S.™ System gives you a way to be loving and truly helpful while changing the dynamics of the relationship to an adult-to-adult relationship. When the dynamics shifts, it makes room for your loved one to start waking up and start thinking about wanting to get the help they so desperately need.

The F.A.C.T.S.™ works in two ways. One, because there is so much lying and manipulation that happens, it can start to make you feel like you are losing your mind and not knowing how to trust. You can forget to look at the facts right in front of your nose. In the midst of the chaos, F.A.C.T.S.™ gives you a grounding principle to focus on so you get the opportunity under the stress and pressure, to remember some key principles. This will allow you to be grounded, proactive, and have clarity in your decision making while letting go of the guilt of having to make tough decisions.

Tough love is a word we can often misinterpret. Tough love doesn't mean you have to be tough on them, it means you may have to make decisions that are tough to do. F.A.C.T.S.™ provides the strength coupled with the education and knowledge of why these tough decisions are imperative to execute and why you don't have to feel guilty making the tough decisions.

F.A.C.T.S.™

Face Reality:

You can often get caught in the addict's manipulation and lies to the point you can't trust anyone, including yourself. Face reality looks at the victimhood addicts experience, how to fight against manipulation, and start learning to trust that inner voice and intuition again. It also faces those harsh truths that you need to face to genuinely start empowering yourself to start taking back control over your life again.

Assess your situation:

Are you investing in your child's future? Or are you unintentionally contributing to your child's substance abuse? Addicts are creative and can pretty much convert anything into cash. Understanding the rules of addiction and the financial aspects can help you not unintentionally contribute to their drug/alcohol abuse. It is important to step back and look at the dynamics of your relationship and focus on what has worked, and what hasn't. And let go of the things that don't work.

Commit to Yourself:

There are many tough choices, decisions, feelings, and a level of awareness you need to truly help a person with substance abuse issues. There is a level of commitment required to continue to face reality and focus on the self-awareness aspects that can be necessary to maintain sanity throughout having an addict as a child. Even though you often put your child first, when you lose the ability to take care of yourself emotionally, physically, spiritually, and mentally, the whole family suffers. "Commit to yourself" is a promise you will put your needs first so you can really focus on helping your loved one. Grounded, proactive, and thoughtful decisions require sleeping right, eating right, allowing yourself to be happy, and maintaining your life outside of your child. I know this sounds hard; it doesn't happen overnight. It requires commitment and self-awareness.

Think->Respond

Setting proactive boundaries is essential to supporting the addict with becoming willing to choose life. Knowing how to set AND defend those boundaries can make the difference between life and death. Most importantly, it's imperative you set boundaries from your foundation. You also have to be able to set boundaries you are willing to defend. That's why thinking about your boundaries instead of setting reactive boundaries from an emotional place will make a huge difference.

Show Love

More than anything, you want to be there for your child. You love them no matter what you do. There are complicated dynamics that go into a parent/child relationship. They get even more complicated when addiction is involved. Understanding how to communicate through the substance abuse can change the way addict behaves and how they think of themselves. So much destruction and chaos can happen, anger and resentments stay at the surface of the relationship, but it's important the addict knows that you still believe in them. Showing love and communicating love so the addict can hear the you can make a significant impact on believing enough in themselves that they can get better.

Ok...interesting... so now what?

The F.A.C.T.S.™ system, like many other things, requires a certain amount of diligence and time to understand how to best use this in your life. This is really about your journey in relationship to having a loved one with substance abuse issues.

Unfortunately, we can't control what other people are doing with their lives. So, how do we learn how to live our lives and let them live theirs? The deeper into addiction an individual goes, it seems the deeper into the chaos and destruction that the family members can fall into as well.

Focusing on changing family dynamics can make the person start having to react differently to their situations. The shift can potentially lead to them wanting to start making changes in their lives. Neurologically speaking, patterns of behavior develop over time from a young age. Pathways get created in the brain, and it causes a pattern. Substance abuse causes more pathways to develop over time and more patterns of behaviors to develop. You can read more about the science of the brain in this article. (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4365688/>).

What does this have to do with family dynamics? When a person is forced to create new neuro pathways, it creates a different response in the brain. Sometimes it can be enough to snap a person awake enough to start wanting to get help.

This is what happened with my mother and me. Deep in my addiction, she started getting help for herself because she was at a loss as to what to do. What she nor I understood at the time was how much of a difference that would make in me. When she started shifting the dynamics of our relationship, and we started breaking our patterns of behavior, I had to do something different, and for me, I chose to get clean. I had to do the work, but our dynamics changed, and therefore, I changed.

Over time, when I started this company to help parents with their loved ones in addiction, I did an extensive amount of research, talked to doctors, therapists, counselors, owners of rehabs, owners of sober living houses, and sooooo many more people. They all say the same thing; some people say it more in scientific ways; some people say it based on observations. There has to be a shift in dynamics. Either from the person in the addiction or the family members.

Many people in addiction die before the shift happens; approximately 72,000 people die a year before this shift. I've talked to thousands of addicts who said they were the ones that had to back off from their families and make the shifts because they were going to die if they didn't.

Patterns are just that; they are patterns. Often subtle and hard to find yourself because we are blind to our ways of behaving and thinking. 99.9% of people don't change in any situation unless there is some sort of 3rd party intervening to guide us through our hidden patterns and dynamics we alone can't see. If you don't believe me, that's ok. Start observing the greatest leaders of change in the world. Ask your friends that you have seen transformations in and ask them how they did it. Was it a therapist, did they hire a coach of some kind, did they go to their pastor and ask for mentoring? Did they sign up for an online course that would help them point out and break down their patterns?

When you are ready to admit the only way to change patterns, which ultimately can save your loved one's life, you should reach out to me and ask for more information. You can even get on the phone with me and ask all the questions you want to see how I can help you. You can also start going through the F.A.C.T.S.™ System a little more in-depth here.

You can go to:

www.thefactssystem.com or email me for more information. Jennifer@ManeelyConsulting.com