

Words Have POWER

We are not responsible for our first thought. We are responsible for your second thought and our next right action

Awareness

We start by listening to and acknowledging what we say when we talk to the addict

- I told you last time!
- Why should I?
- I told you this would happen
- Don't you know you are ruining your life?
- You don't love me
- If you loved me _____

Identify and list what the key phrases and words you are saying to the addict.

There is a difference in talking TO the addict and WITH the addict

What is the difference? Why is it important to talk with them instead of to them?

Change in us

It only takes ONE person to change the relationship – LET IT BEGIN WITH ME

Actions

- Pray before we speak
 - God, what do you want me to say to them?
 - Higher Power, flow through me into the lives of others
 - Gomu, they are talking to you. I'll be your vessel, God in skin. If you have something to say to them. Speak through me. I'll say it for You.
 - God, let every word I utter come from you, let every action I take align with your will.
 - Serenity Prayer
 - Nar-Anon 3rd step Prayer
- Step Away
 - I am going to take some time to pray and discuss this. I'll get back to you with an answer by _____.
 - Talk with your sponsor or Narabuddy BEFORE responding to a text
 - Step away by remembering to say NOPE TO THE ROPE
 - This conversation is getting heated. I am stepping away I am willing to return to this conversation in a few hours or tomorrow.
 - Make an agreement and commitment to each other to finish the conversation NO MATTER how hard it may be or how long it will take.
- They are not our enemy
 - Practice Tradition One - Common Welfare and Unity
 - We are a team
 - We are both affected by the disease of addiction
 - Stop perceiving their actions as an attack our your relationship or on you personally
 - They are not doing it to you, they are just doing it

- Self-Care – I Matter
 - I can't afford to give you money
 - I am going to keep myself safe by _____ (driving my own car)
 - It is too dangerous for me to _____ call you when you are out using. Once I start calling you I can't stop myself. I get worried and crazy, insane thoughts run through my mind.
- Language – what we say makes a difference
 - You may be right
 - I am so sorry that happened to you
 - Thank you for telling me. I appreciate your honesty and trust in me.
 - You are gonna make it
 - Sounds like you got yourself in a pickle. I know you'll find a way out
 - I am not willing to contribute to the disease of addiction
 - I really want to understand what you are saying and what happened
- Body Language
 - Eye contact
 - Talk while hugging or driving
 - Are your arms crossed?
 - Are you frowning, crying, fearful?
- Tone – the tone we use and the form of communication makes a difference
 - Say what you mean but don't say it mean
 - Watch your tone of voice – is it getting louder?
 - Are you communicating via text?
 - Easily misunderstood
 - Separation, distance, timing, avoidance
- Be a Witness
 - Touch – use instead of words
 - Hug
 - Hold or touch their hand
 - Sit side-by-side while talking rather than looking at each other
 - Silence is golden
 - Just be with them
 - Reduce eye contact

Tradition Five: Each Nar-Anon Family Group has but one purpose; to help families of addicts. We do this by practicing the Twelve Steps of Nar-Anon, by encouraging and understanding our addicted relatives, and by welcoming and giving comfort to families of addicts.

Encourage – give courage

- I believe in you
- You'll find an answer
- You know what to do
- You have a disease

Understand – put yourself in their shoes

- What they are going through
- Put yourself in their shoes
- Addiction is a disease

When to start a conversation

- Pay attention
- Once you are aware they are under the influence BACK OFF
- Wait until they are open to a discussion
- Luke warm - stop the discussion
- Talk to them after a BIG SPREE

Violence is a real possibility

- Accept addiction is a disease
- Addiction alters the mind of the addict
- A cornered animal will fight back
- Do not corner an addict
- Do not put yourself in a corner with them
- Don't mess with a crazy person

Questions

What is the difference between communication and interrogation?

Which new phrases are you willing to start using when talking with the addict?

What did you learn from this workshop?

We create dependency with our words, thoughts, and actions.

Take time to reflect on your words, thoughts, and actions. Do they show the addict autonomy, respect, dignity, trust, or love? Or do they keep the addict coming to you to solve their problems, bail them out of their consequences, or rescue them when they are in trouble?