



ADDICTION — A FAMILY MATTER

CARE FOR YOURSELF FIRST BEFORE HELPING OTHERS!

Addiction is a disease afflicting the whole family. It destroys relationships and breaks hearts. It causes strain, stress, constant mood swings and wondering "should I stay or should I leave?"

You are disappointed with him for yet another broken promise. You are enraged with her for spending the last penny on another bottle, another dose of drugs or another bet. You check nervously if anything is missing from home. You are angry at yourself for covering for him to his boss or for changing your plans to go and pick her drunken from somewhere. Admit it, you gave him or her money.

ARE YOU ALREADY LOST YOURSELF?

Are you anxious when she is late from work just a few minutes? You never leave your wallet or purse out in the open? Did you check your jewelry box if something is missing today? Do you keep your cell phone at hand just in case he calls in the middle of the night to pick him up? Is your whole life evolving around this one thing?

If so, you are not alone! There are many people and whole families living in the daily havoc caused by addiction. They do everything possible to help their addicted loved one, and it is so easy to lose oneself while doing so. Your good intentions enables the addict cross your boundaries and as a result they cause more harm instead of really helping.

TAKE CARE OF YOURSELF FIRST!

If you don't "stop this madness", the incredible power of addiction will shred your marriage, destroy your self-confidence and in the end it will destroy your family. Only with understanding the power of "no" can the healing start for you and your family.

HOW TO TAKE CARE OF YOURSELF?

Here are a few tips on how to self-care while still loving and helping your loved one.

Set boundaries

In every relationship boundaries must be set and this is especially true in a relationship with an addicted loved one. Clarity and precision in setting them bring security and guidance for both parties on acceptable behavior, responsibilities and consequences. They will allow you to control the daily havoc of the addiction brought on by your loved one and give you more peace. Here are some examples:

- No drugs in the house.
- You are not welcome under the influence either near me or the children.
- Name calling and ridicule will not be tolerated.
- You will not get any money from me under any circumstances.
- I will not lie or cover for you.

Accept the addiction of your loved one or friend

The addiction belongs ONLY to the addict. Accepting it by understanding that addiction is a disease and treatment is a process, you can keep loving the person while supporting his/her treatment. As a family member of an addicted person follow the 3 C's method:

- I did not Cause it.
- I cannot Cure it
- I cannot Control it.

Forgive yourself and the addicted person

It is very difficult but necessary to get rid of the strain of negative emotions. It is obvious that you were lied to and betrayed, that you were disappointed multiple times, however holding on to a grudge or anger is very harmful for you and your family. Forgive your partner or family member, but most importantly forgive yourself!

Self-care is a must

There is no selfishness in self-care or looking for things that bring you joy in life. You postponed it enough. How many times did you forego little pleasures and relaxation because you lacked energy and space to care for yourself and your well-being. Find and set your goals and aspirations, discover your passions! It will take some time, but finding them will bring you joy, satisfaction, and improve the quality of your life.

"Care for yourself first before helping others" is crucial to help your family and friends. ONLY YOU can care for yourself best and you deserve the best.

Live better
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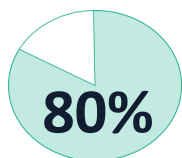
LIGHTHOUSE

Information & Support

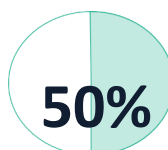


GAMBLING STATISTICS

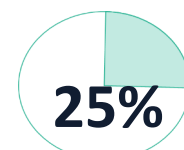
Source: [The Recovery Village](#)



80% OF COMPULSIVE GAMBLERS ARE AT RISK FOR ALCOHOL OR DRUG USE/DEPENDENCY



50% OF COMPULSIVE GAMBLERS COMMIT CRIMES



25% OF COMPULSIVE GAMBLERS SEEK HELP

“You were never created to live depressed, defeated, condemned, guilty, ashamed or unworthy. You were create to be victorious.”

– Anonymous

“NOMOPHOBIA” – DOES IT CONCERN YOU?

This new type of addiction was first described in 2008. Many will just smile, because it does not possibly concern you, but are you sure?

“Nomophobia” is an abbreviation of “no-mobile-phobia” as the fear of not having your phone working and within reach at all times, thus not allowing you to contact your loved ones or to search the Internet. This type of addiction, as all of them, can have physical symptoms such as anxiety and fear each time the phone is not within one’s hand. It may affect our social life and personal connections. Nomophobics avoid contact face-to-face, have trouble creating and keeping personal connections. They are also susceptible to depression. The addiction to one’s smartphone decreases your attention span and affects your ability to learn.

In 2011, scientists from the University of Seoul conducted brain MRIs for 19 students who were already diagnosed with nomophobia and were able to describe how their brains were affected. Addicted people’s brains showed increased level of neurotransmitter GABA responsible for slowing neurons and resulting in lower concentration and self-control. Such a person is significantly more prone to detractions by any type of stimulus.

In 2015, Caglara Yildirim from New York State University developed a survey “The Nomophobia Questionnaire” (NMP-Q) to test a group of students for this type of addiction and its potential intensity. It turned out that 42.6% of students already had nomophobia and their biggest fear was potential lack of connection to the Internet to search for information or to keep in contact. It was also discovered that the length of time they used it was correlated directly with the intensity of this addiction. If you are interested in more details on this research, you can check it [here](#).

Exercise: CAN YOU put away your smartphone for a month or for a week, or at least for a weekend?

EAP provides professional support to You and Your immediate family

By phone or email

CONTACT US!

Provide Your Employer’s EAP password



Don't wait, call now! If you suspect your partner may be addicted, talk to a professional as part of self-care and to create an action plan for you **We are here to support You!**