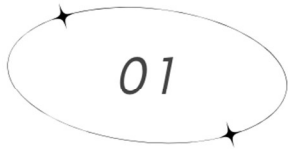
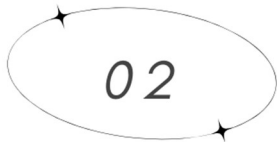


4 STAGES OF SUBSTANCE USE RECOVERY FOR FAMILIES



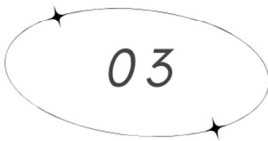
STAGE ONE - AVOIDANCE

In this stage, the user does not identify there is a problem and the family is unwilling, unable, or unaware of the impact of the use for the user and one another.



STAGE TWO - AWARENESS

Use continues and families begin to see begin to as problematic. They may Point out the use. The user may temporarily cut back, but there is not clear commitment to do so. The family acknowledges problem among themselves.

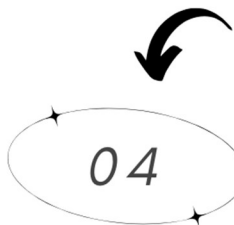


STAGE THREE - ACTION

The user can't avoid the Topic of their use. The Family sets limits. Commitments are made and broken.

The user commits to abstaining or moderating use. They commit to a specific plan of action including plans for slips and relapse prevention. The family is committed to supporting the user's sobriety Plan. This may not be a Straight path. Accountability measures and treatment are important aspects of this option.

The family sets limits and the user can't or won't agree or maintain the plan proposed by the family



STAGE FOUR ADAPTING

In this stage, the user is committed to abstaining from using or moderating their use. The family and user are committed to eliminating the problem and working together to repair the relationship. The family is opening itself to healing.

