

## Find your Voice

In Substance Use Disorder Families, a greater effort is invested in the family trying to stop their loved ones' use than the loved one is putting into stopping. Families become frustrated. Often Members blame themselves for their loved ones' use. The user will even promote this thought. As a result, unhealthy ways of thinking are developed by the family. The longer this type of thinking continues, the more likely the thoughts become engrained.

Self-Talk Worksheet		
Type of Thinking	Negative Self talk	Positive self-talk
If only	“If only they could understand how bad the use is”, “If only their job was not as stressful.”	They are responsible for their decisions. They have been told how problematic their use is but choose not to listen.
Maybe	“Maybe the use is not so bad.” “Maybe I am overreacting.”	My loved one’s use is a problem. We have talked about it numerous times. The problem of the use has been discussed before.
Time Location	“If we move, the use will stop.” “After the holidays, it will get better.”	My loved one’s use is not dependent on dates or time. The use has been a problem regardless of when or where.
My Fault	“I am causing my loved one to use.” “I stress my loved one out and that is why they choose to use.”	My loved one is responsible for the use. I cannot cause or make someone use.
I could stop this	“I have to do something to stop my loved one’s use.”	I cannot control their decisions. I control mine. My loved one chooses to use.
I’m stuck	“I have no choice but to stay in this situation.”	There are always choices. All the options may not be great, but we can still make choices. Even if these choices are how we manage moments.
Try Harder	“I need to try harder to get understand my loved one.”	Just because a person is not doing what you would like them to do, does not mean you are not trying. It just means they are not listening.
Just Listen to me	“I need to keep trying to get my loved one to listen.” “If they listened to me, then they would understand.”	Individuals may hear what you are saying but choose not to listen. It means they are choosing not to change and not wanting to hear what you have to say.