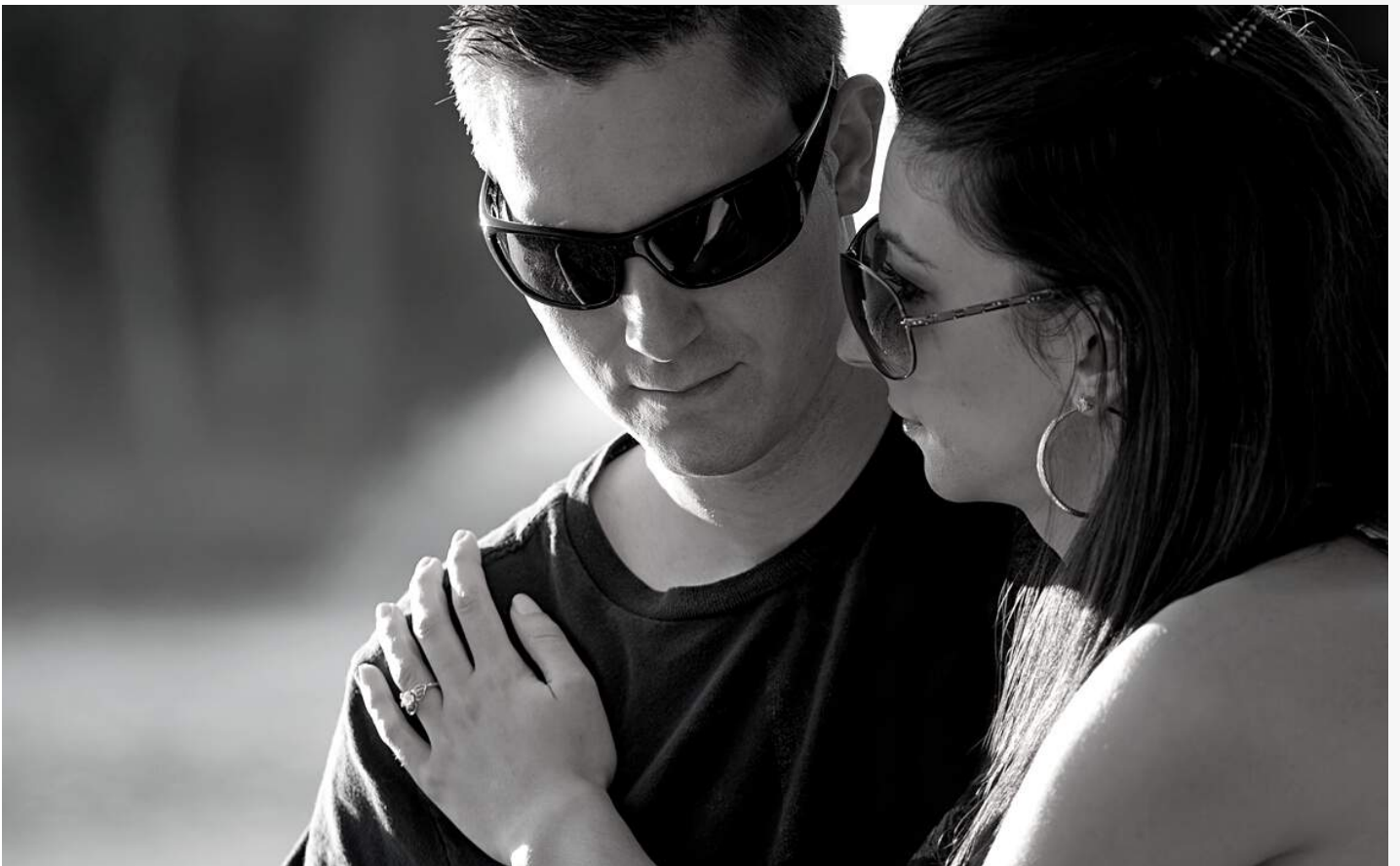


PACE RECOVERY CENTRE

WHAT YOU NEED TO KNOW

# FOR THE FAMILY



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"ADDICTION IS NOT A CHOICE; SOBRIETY IS."

# TABLE OF CONTENT

1. UNDERSTANDING ADDICTION

2. GENERAL GUIDELINES

3. A FAMILY DISEASE

4. HOW WE TREAT THE PROBLEM

5. THE 12-STEPS PROGRAM

6. FAMILY COUNSELLING

7. ORGANISATIONS AND SUPPORT GROUPS

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WE STRIVE TO OFFER A DETAILED AND COMPREHENSIVE  
MAP TO THE JOURNEY OF RECOVERY THAT IS  
ENLIGHTENING, INSPIRING, AND PRACTICAL

# UNDERSTANDING ADDICTION: CHALLENGING STIGMA AND RECOGNIZING ITS COMPLEXITY

Addiction is an illness that affects individuals in profound ways, yet unfortunately, it is often accompanied by judgment instead of empathy. It is crucial to recognize that addiction is not a moral failing or a mere indulgence in a bad habit. This misconception fuels the stigma surrounding addiction. It is important to acknowledge that no one sets out with the intention of becoming addicted. Addiction can happen to anyone, regardless of their background.

Continuous substance use alters brain chemistry, leading to disruptions in the normal functioning of an individual's decision-making process, inhibitions, and risk vs. reward analysis. Addiction takes hold and controls a person's behaviour, overshadowing their ability to make sound judgments or reasoned decisions. For some, the grip of addiction becomes so overpowering that it surpasses basic needs like eating or sleeping. The compulsion to acquire and use substances consumes every moment of their lives.



By understanding addiction as a complex disease that affects individuals from all walks of life, we can begin to challenge the stigma and offer compassion and support to those who are struggling. It is crucial to foster an environment of empathy, where individuals can receive the necessary help, treatment, and understanding they need on their journey towards recovery.

It is a common misconception that addiction stems from a lack of moral principles or willpower and that individuals can simply choose to stop using. However, the reality is far more complex.

## WHY DO SOME PEOPLE BECOME ADDICTED WHILE OTHERS DON'T?

No single factor can accurately predict an individual's likelihood of developing an addiction. Instead, it is a complex interplay of various factors that influences the risk. The greater the number of risk factors present, the higher the chances of drug use leading to addiction.

**Biology:** Genetic predisposition, gender, ethnicity, and the presence of other mental disorders can contribute to an individual's vulnerability to drug use and addiction.

**Environment:** The social and physical environment plays a significant role. Family and peer dynamics, economic status, quality of life, peer pressure, exposure to drugs at an early age, history of physical or sexual abuse, stress levels, and the level of parental guidance all influence an individual's likelihood of developing an addiction.

**Development:** The interaction between genetic and environmental factors during critical stages of development, such as childhood and adolescence, can shape the risk of addiction later in life.

# GENERAL GUIDELINES

## SUPPORTING A LOVED ONE IN TREATMENT

- Avoid viewing addiction as a disgrace. Remember recovery is possible and addiction is treatable. No one chooses to become an addict intentionally.
- Refrain from making empty threats or ultimatums unless you are prepared to follow through with them.
- Allow them to face their consequences. Shielding only enables their behaviour and prevents them from recognizing the seriousness of their actions.
- Do not blame yourself or feel guilty. Whatever actions you took were based on your best intentions and knowledge at the time.
- Embrace professional help and expertise. While you can offer support - understand that you are not equipped to treat them on your own.
- Be patient. They may experience mood swings, tension, and resentment. Support them during these challenging times and encourage healthy coping strategies.
- Avoid sheltering him or her from life's difficulties. Help them to navigate life without relying on substances or addictive behaviours. Encourage personal responsibility and provide love and support.
- Understand that your loved one may Refuse Hospital Treatment (RHT) during their stay. In such cases, they will be removed from therapeutic activities and the person responsible for their financial matters will be notified and appropriate arrangements will be made.

Remember, supporting a loved one in treatment requires patience, understanding, and a commitment to their long-term recovery journey.

## HEALING TOGETHER: UNDERSTANDING ADDICTION AS A FAMILY DISEASE

Recognizing that addiction affects not only the individual but also the entire family is a crucial step towards understanding the healing process. It is important to clarify that blaming the family is not the intention here. Rather, it is about acknowledging that the addiction of your loved one has a significant impact on the behaviors, habits, and emotional well-being of the entire family unit.

In response to the challenges posed by addiction, family members often develop adaptive strategies and coping mechanisms. It is natural for families to want to protect, defend, justify, rationalize, and rescue their loved one who is in pain.

Understanding the reasons behind your loved one's substance use and abuse is a vital part of the healing journey. Many clients deeply desire their families to understand that addiction, along with its consequences, was never their intention, even if they have sought help before. Just as it is important for individuals to comprehend their own path to addiction, family members can embark on their own healing journey by recognizing that addiction is not a choice, but recovery is.

By acknowledging the impact of addiction on the entire family and seeking understanding, healing becomes a collective process. It is through this shared understanding and support that families can move towards greater resilience, recovery, and well-being.

**"ADDICTION IS NOT A SPECTATOR  
SPORT, EVENTUALLY THE WHOLE  
FAMILY GETS TO PLAY."**





# EMBRACING THE PATH TO RECOVERY: HOW WE TREAT THE PROBLEM



In our program, individuals learn to acknowledge and accept the concept that addiction is an illness. It is a progressive condition that cannot be completely "cured," but can be arrested, much like other chronic illnesses. We emphasize that there is no shame in having an illness, as long as one faces the problem honestly and takes proactive steps towards recovery.

Within addiction, the belief in the control one has over the addiction is referred to as insanity. It is the inability to think rationally and in proportion. Individuals struggling with addiction struggle to differentiate truth from falsehood. The insanity lies not in the actions that occur while under the influence, but in the delusion that they can safely manage their usage despite the consequences of pain, suffering, and humiliation they have experienced.

Our program also addresses the unmanageability that addiction brings, focusing on what is known as a spiritual malady. This refers to a state of confusion and a lack of control over one's life. By recognizing and addressing this spiritual malady, individuals can begin the journey towards clarity, healing, and sustained recovery.

## **Navigating the Depths: Healing the Spiritual Malady**

- Struggling with Personal Connections
- Emotional Roller Coaster
- Battling Inner Turmoil
- Stumbling in Life's Path
- A Sense of Purposelessness
- Trapped in Fear's Grip
- Yearning for Happiness
- Yearning to Make a Difference

# BUILDING THE FOUNDATION FOR PERSONAL GROWTH: KEY FOCUS AREAS IN OUR PROGRAM



**Cultivating Self-Awareness:** Enhancing the ability to recognize and understand one's own emotions and their impact.

**Conducting Self-Assessments:** Assessing personal strengths and limitations to gain a clearer understanding of oneself.

**Developing Self-Regulation:** Managing disruptive emotions and impulses, maintaining honesty and integrity, taking responsibility for personal performance, and embracing a humble view of self-importance.

**Nurturing Self-Motivation:** Aligning goals, being prepared to seize opportunities, and persistently pursuing goals despite setbacks and obstacles.

**Building Social Awareness:** Developing empathy and the capacity to understand and anticipate the needs and emotions of others.

**Cultivating Social Skills:** Influencing others' character and behavior positively, effective communication, handling conflicts sensibly and fairly, and building meaningful connections.

**Fostering Healthy Self-Esteem:** Developing a positive self-image and building a foundation of self-worth.

# FINDING FREEDOM IN THE 12 STEPS: DISCOVERING HOPE AND TRANSFORMATION

Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) are part of an international fellowship with members in over 150 countries. They have one primary purpose: to stay sober themselves and help others who turn to them to help them achieve sobriety. They are not reformers, and not allied to any groups, causes or religious denominations. They are united by a common problem. For more information please visit their website: [www.aasouthafrica.org.za](http://www.aasouthafrica.org.za) or [www.na.org.za](http://www.na.org.za).

Within our program, we emphasize the significance of this essential component, fostering deep introspection and personal growth. Each step offers a profound opportunity for individuals to engage in self-reflection, sharing their unique beliefs, experiences, and perspectives. Through this transformative process, they are guided to explore over 400 thought-provoking questions, which are carefully examined and revised in collaboration with their dedicated recovery coach.

**Step One:** Acknowledging powerlessness and embracing humility as the initial step towards sobriety. Addressing the mental obsession that underlies addiction.

**Step Two:** Recognizing that a Higher Power can restore sanity. Overcoming the challenges of self-reliance and intellectual barriers. Confronting indifference and prejudice.

**Step Three:** Making a conscious decision to entrust our will and lives to the care of our Higher Power.

**Step Four:** Conducting a thorough and fearless moral inventory of ourselves. Exploring our liabilities and assets. Failing to address this step effectively may lead to guilt, self-importance, or blaming others. Common symptoms of emotional insecurity include worry, anger, self-pity, and depression.

**Step Five:** Admitting the exact nature of our wrongs. This step can be challenging but crucial for inner peace. Through fearless admission of our defects, we break free from isolation, receive and give forgiveness, learn humility, and gain honesty and self-awareness.

**Step Six:** Becoming ready to let our Higher Power remove our defects. This readiness fosters spiritual growth and a shift away from limited objectives, aligning with the will of our Higher Power.

**Step Seven:** Humbly ask our Higher Power to remove our shortcomings. Embracing humility allows failure and misery to transform. Recognizing that self-centred fear often triggers our defects.

**Step Eight:** Compile a list of individuals we have harmed and be willing to make amends. Overcoming obstacles such as reluctance to forgive, avoiding admission of wrongs to others, or purposefully forgetting. This step marks the beginning of breaking free from isolation.

**Step Nine:** Making direct amends to those we have harmed, taking responsibility for our past actions and the well-being of others. Prioritizing peace of mind without causing harm.



**Step Ten:** Continuously taking personal inventory and promptly admitting our wrongs when we are at fault. This step extends beyond treatment and should be practised daily to maintain emotional balance. We acknowledge, accept, and patiently work on correcting our defects. By resolving our past, we are better equipped to face present challenges. This inventory explores emotions such as anger, resentment, jealousy, envy, self-pity, hurt, and pride, while also examining our motives.

**Step Eleven:** Establishing a connection between self-examination, meditation, and prayer to our Higher Power. Seeking guidance and spiritual nourishment.

**Step Twelve:** Prioritizing spiritual growth and adopting a give-and-take approach to life. Embracing a new state of consciousness and being. Our perspective on material matters and personal importance undergoes a positive transformation. By reaching out to others struggling with addiction, we rediscover our true purpose and restore our instincts to a meaningful path.

# JOURNEY TO WHOLENESS: EMPOWERING FAMILIES THROUGH FAMILY COUNSELLING

We deeply recognize that addiction is a family disease, and we understand the immense suffering you have endured, often surpassing that of the loved one. This insidious illness impacts the family in profound ways, leaving a trail of destruction through the unpredictable behavior of the addicted individual. We acknowledge that you may have exhausted every avenue, from scolding and pleading to shouting and ignoring, leaving you feeling angry, isolated, and drained.

In light of this, we strongly encourage your active participation in the family counseling sessions and any other meetings arranged by our counselors. These sessions are designed to provide ongoing support and valuable information to families and friends of individuals in early recovery, creating a safe and guided space for sharing emotions and experiences. We firmly believe that involving families in the treatment process contributes to improving the overall prognosis for your loved one.

## FAMILY COUNSELLING AT PRC RECOVERY

We strongly encourage and invite family members to participate in our dedicated family counseling sessions. As an integral part of our comprehensive treatment program, these sessions specifically address the needs of immediate family members and significant others who have been deeply impacted by their loved one's addiction. In addition to the duration of the primary treatment, we offer the opportunity for continuation of family counseling sessions.





## UNITED HEALING: WHY IT IS IMPORTANT

When a person is caught in the grip of addiction, it not only affects their own life but also deeply impacts their relationships and family members. Recognizing this, counselors and experts have observed that when someone is struggling with addiction, their loved ones often adopt obsessive and compulsive behaviours in their attempts to rescue and save them.

Family counseling plays a crucial role in fostering healthier relationships and understanding within the family unit. It empowers family members with new and positive communication strategies to replace old negative patterns. The focus is on reinforcing positive behaviour, problem-solving, and enhancing communication skills.

Many individuals battling drug addiction, alcoholism, or other forms of addiction also grapple with codependency issues within their family dynamics. Both the loved one and their family members may exhibit codependent traits. Consequently, when a client seeks rehabilitation, codependency counseling is often essential for them and their family.

Codependency is a natural response that arises when someone is in a relationship with an addict in the throes of full-blown addiction. All types of relationships suffer when addiction spirals out of control. The family members, yearning for normalcy, unwittingly engage in controlling behaviours, rescuing attempts, and enabling actions that inadvertently prolong their loved one's cycle of obsession and compulsion.

Addictive behaviours exert tremendous stress on family and friends, often necessitating marital and relationship counseling. Family counseling emerges as a highly effective approach to address a range of dysfunctional behaviours stemming from the addictive process. It offers a path to healing and growth for all those affected by addiction.



## ORGANISATIONS AND SUPPORT GROUPS

**WE HIGHLY ENCOURAGE YOU TO ACTIVELY ENGAGE IN ONE OF THESE GROUPS**

ORGANISATION	DETAILS
<b>ALCOHOLICS ANONYMOUS</b> FOR INDIVIDUALS RECOVERING FROM ALCOHOL ADDICTION	<a href="http://WWW.AASOUTHAFRICA.ORG.ZA">WWW.AASOUTHAFRICA.ORG.ZA</a> 0861 435 722
<b>NARCOTICS ANONYMOUS</b> INDIVIDUALS IN RECOVERY FROM DRUG ADDICTION	<a href="http://WWW.NA.ORG.ZA">WWW.NA.ORG.ZA</a> 0861 00 6962
<b>AL-ANON</b> SUPPORT NETWORK FOR FRIENDS AND FAMILIES OF INDIVIDUALS STRUGGLING WITH ALCOHOLISM	<a href="http://WWW.ALANON.ORG.ZA">WWW.ALANON.ORG.ZA</a> 0861 252 666
<b>NAR-ANON</b> SUPPORT GROUP FOR FAMILY MEMBERS AND FRIENDS OF INDIVIDUALS WHO ARE STRUGGLING WITH DRUGS	<a href="http://WWW.NARANON.ORG.ZA">WWW.NARANON.ORG.ZA</a> 088 129 6791
<b>CODA (CO-DEPENDENTS ANONYMOUS)</b> A FELLOWSHIP WHOSE COMMON PURPOSE IS TO DEVELOP HEALTHY RELATIONSHIPS.	<a href="http://WWW.CODASOUTHAFRICA.CO.ZA">WWW.CODASOUTHAFRICA.CO.ZA</a>
<b>SADAG</b> THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP	<a href="http://WWW.SADAG.ORG">WWW.SADAG.ORG</a> 0800 567 567
<b>TOUGH LOVE</b> A LOVING SOLUTION FOR FAMILIES THAT ARE BEING TORN APART BY DRUGS, ALCOHOL, OR ABUSE.	<a href="http://WWW.TOUGHLOVE.ORG.ZA">WWW.TOUGHLOVE.ORG.ZA</a> 0861 868 445



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GOT ANY  
QUESTIONS?

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