

1. Drug dependent persons are ill; suffering from an illness which alters their personalities, values and behaviors. If severe enough, it causes physical, emotional and social problems for the person.

**Focus**: A drug dependent person is ill and that illness affects the f\_\_\_\_.

2. Despite their concern, parents cannot control the behavior or attitudes of their drug abusing son or daughter. Parents are responsible only for their own behavior and attitudes.

Focus: The only person I can control is myself.

3. If parents are to survive, they must set limits on what they expect themselves to do. They are not gods or supermen. They cannot prevent all bad things from happening.

**Focus:** Parents have a right and responsibility to manage their homes the way they see best.

4. It is useless and destructive to dwell on your past failures or inadequacies. Parents don't choose to have their children use drugs.

**Focus**: Dwelling on **g**\_\_\_\_ over past failures only saps energy for present positive focus.

5. It is useless to try to rescue or protect persons who regularly get into difficulties because of their own poor judgment or behavior.

**Focus:** Too much rescuing & protecting by parents leads to irresponsibility and *r*\_\_\_\_\_ in their children.

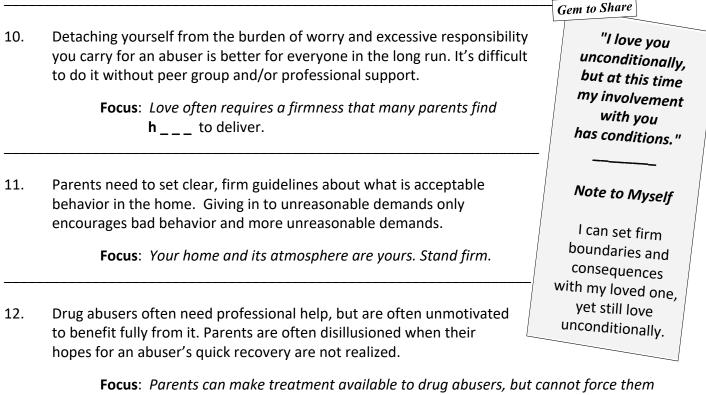
6. Abusers usually only desire to give up drugs when their use brings repeated pain and unpleasant consequences to themselves.

	<b>Focus:</b> Painful experience is a good teacher especially when it is connected with drug abuse.	Gem to share: When you
7.	Rescuing and protecting routines by parents and others only make abusers more dependent, irresponsible and resentful. Focus: It takes w and practice to become skilled when dealing with drug-related problems.	ask for help, be specific. "I will consider it, but I will need some time."
8.	Reasoning, lecturing, scolding and threatening are methods that seldom work with abusers.	- "Please check back with me"
	Focus: W are weak adversaries of drugs. Set a time frame "please check back" ( in the morning	<b>that's best for you.</b> k with me after work." on Friday this evening.) Page 1 rev. 2/2020

LaFountain, William, (1980). Setting Limits. Center City, MN: Hazelden Publishing.

9. Accepting promises, excuses or other manipulating behaviors from an abuser only encourages further abuse and denial.

**Focus**: Promises, excuses and "reasons" are never substitutes for responsible behavior.



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13. Drug abusers often take years to recover from their illness. Recovery is almost never immediate and almost always involves a continuing daily process, requiring a "one day at a time" philosophy on the part of all concerned.

Focus: Love hope, faith and patience are as vital today as ever, especially for parents.

Adapted from "Setting Limits" by William L. LaFountain. Published by Hazelden Foundation. 1982. www.hazelden.org