



ARE YOUR COPING AND HELPING BEHAVIORS WORKING?



SMART
Family & Friends

1. Use the space below to list some examples of things you have tried in an attempt to cope with the situation and get your Loved One to stop using.

2. Reflect on what has and what hasn't worked from the above list.

3. Discussion point:

The only behaviors you can control are yours. Setting clear boundaries, respecting yourself and focusing on your own life enables you to stay sane and cope better. It also allows your LO to experience the consequences of his actions and make informed choices for himself. Which of your behaviors in response to your LO's addiction do you think you might want to change?

"Things do not change; we change."
~Henry David Thoreau

