

PROGRESSION CHART FOR FAMILY MEMBERS

Addiction

Denial of a problem
Becomes aware of abnormal substance use
Social life affected
Fears use will become known (Shame)
Pre-occupation with substance use increases
Social life strained - Isolation
Poor communication
Becomes more distressful & resentful
Children may begin to show emotional strain
Begins to feel a failure
Begins to feel self-pity
Confused and tearful
Questions own sanity
Violence and arguments
Avoids sexual contact
Crisis situations more frequent
Threatens to leave home
Assumes role of both parents
Tries to obtain control of money
Begins to feel helpless/hopeless
May become apathetic and switched off
May seek outside help
Family intervene
Separation
Help received in some form

Recovery

Healthy family relations
New interests develop
Develops circle of friends
Discuss and work out problems
Communication starts to improve
Relinquishes role as head of house
Learns to risk - Trusting again
Possible reconciliation
Examines own thinking, feelings and attitudes
Spouse sees own needs - becomes involved in treatment
Learns that substance use is an addiction
Addict may seek treatment