CONTACT

ADMISSIONS

THERAPIES >

Blog

WHAT WE TREAT >

Home » News » How To Deal With Your Loved One's Alcoholism

Search

Recent Posts

HOME



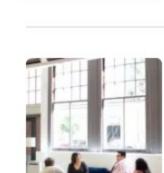
How Can I Get Checked-In Anonymously To An Addiction Treatment Center? AUGUST 14, 2021 / 0 COMMENTS



What to Know Before Asking for Time Off Work for Addiction Treatment JULY 21, 2021 / 0 COMMENTS

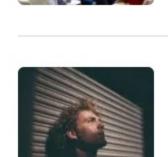


Intensive Outpatient Drug Treatment In Louisville JULY 17, 2021 / 0 COMMENTS



Outpatient Drug Treatment In Louisville

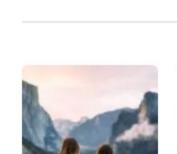
JULY 13, 2021 / 0 COMMENTS



What are the signs of Drug Addiction?

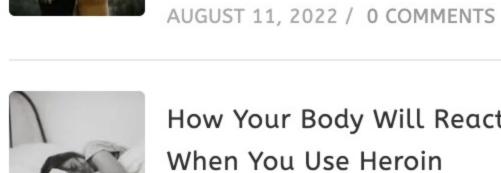


Couple's Drug Rehab at Impact IOP



What Is Moral Injury & How It Impacts Women's Core

AUGUST 13, 2022 / 0 COMMENTS



How Your Body Will React When You Use Heroin AUGUST 9, 2022 / 0 COMMENTS

What Happens to Your Body When You Use Cocaine? AUGUST 7, 2022 / 0 COMMENTS

Newsletter

Get all latest content delivered to your email a few times a month.

Your Email



Accept GDPR Terms



How To Deal With Your Loved One's Alcoholism

Louisville Addiction Treatment Center - 🕓 February 11, 2022

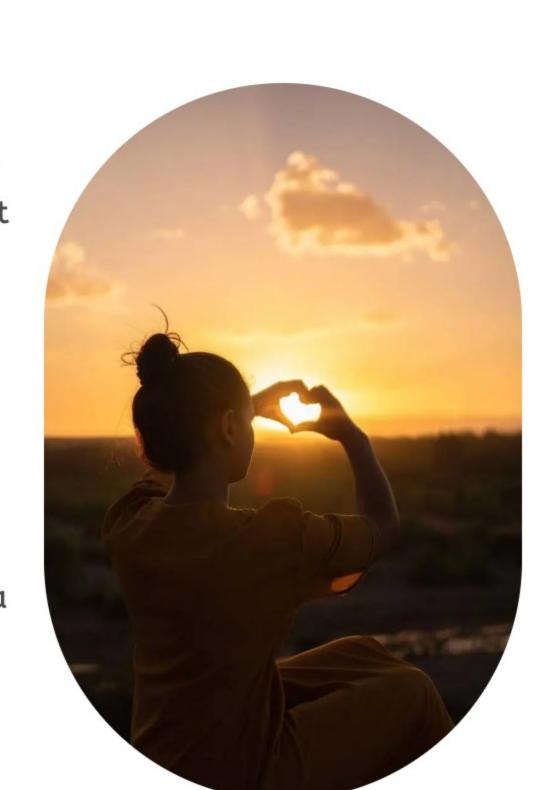
Alcoholism affects everyone. If someone you love is struggling with alcoholism, they are not the only ones dealing with the addiction. You have to deal with it too. Your life is also disrupted because of their struggle. Alcoholism causes those who are suffering to lose their jobs, lose their relationships, and lose their health. When you love someone, these are important factors of their lives, and seeing them lost hurts you too.

There is always help when it comes to addiction, reaching out a hand to show a person dealing with alcoholism a way to sobriety. Louisville Addiction Treatment Center is one of those hands. There is help waiting for the person addicted and for you. We have methods of helping you deal with your loved one's alcoholism.

What Can I Do?

This may be a question you have been asking yourself since you realized that your loved one is dealing with an addiction to alcohol. The first thing you can do is not judge. Many want to use hurt and finger-pointing to make someone feel bad about their addiction. Shaming people into sobriety is something that never works. When a person feels shame, they will do everything in their power to prove you wrong, even if that means hurting you too.

Addiction is a disease. Would you shame someone who had a disease? The answer is probably "no." The first step is remembering that your loved one is sick and they need to admit themselves into a reliable program. Helping them get help is the best thing you can do.



Communicate

Communication is key when it comes to facing addiction. Tell your loved one that you think they have a problem. Tell them that you are there for them with no judgment. Let them know that you love them and you are ready to help them face their addiction. When they know that you know, they may be ready to talk about it.

Give Them the Necessary Tools

Many times, a person with an addiction problem does not know where to find help. You can help your loved one find that help. When you talk to them about their addiction, be ready with the names and numbers of places where they can seek help. When you approach them lovingly with answers to their problem, they may start thinking about seeking recovery.

Be Patient

It is rare that someone with an addiction is simply going to stand up and say, "okay, let's go get help." There is going to be a period of denial that you are going to have to be patient with. It is going to be hard, but as long as you can stand your ground, you will be okay. It's hard to admit to yourself that some people don't want help. That is a decision that someone makes for themselves, and you cannot force someone into a recovery program.

Remind your loved one that there are outpatient programs available as well where they can stay at home and start their recovery. They can weave their rehabilitation into their daily lives without having to go away and isolate themselves. Isolation is hard for some, and having family support around them when they are struggling is a big key to their success.



Be Aware of Your Habits

When helping a loved one get a handle on their alcoholism, you can play the biggest role in their recovery by becoming aware of your own habits. If you live with someone who is struggling, do not keep alcohol in the house. Try not to consume alcohol in front of the other person. In short, showing solidarity helps in proving to your loved one that you care and you are willing to make some changes as well.

You do not have to stop enjoying alcohol in your own time, but until your loved one is strong enough to be around the substance, keep it out of their way.

Call For Help

It is within your power to contact a facility like Louisville Addiction Treatment Center and ask what your loved one's options are. There is even telemedicine available for those who need a little more coaxing for help.

There's also help for you. Organizations like Al-Anon are support groups for the family and friends of alcoholics. There are safe places for you to also talk about addiction, and find the support you need to help your loved one reach sobriety.

Outpatient Treatment In

Louisville Services

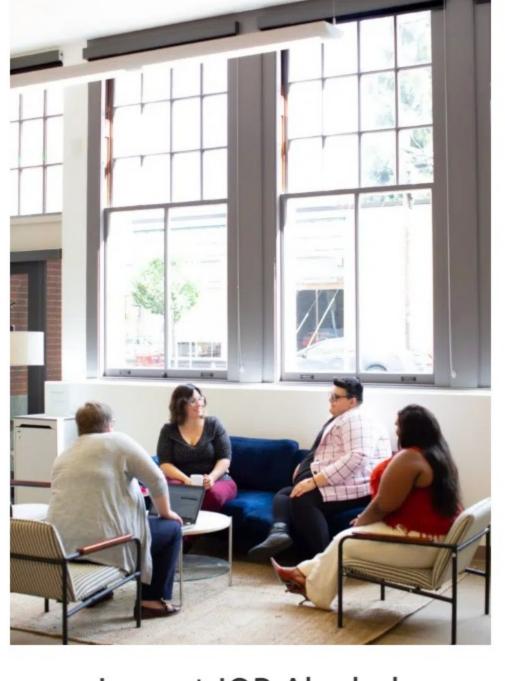
() July 19, 2021

PLEASE SHARE THIS

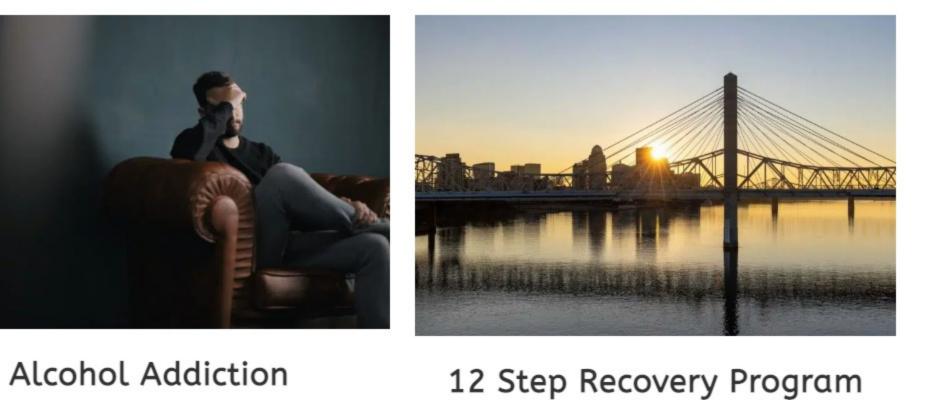




YOU MIGHT ALSO LIKE

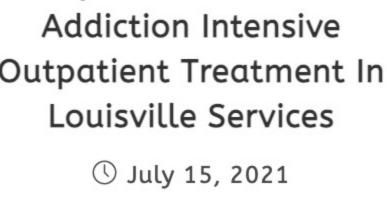


Impact IOP Alcohol Addiction Intensive Outpatient Treatment In Louisville Services (S) July 15, 2021



In Louisville

(1) July 21, 2021





Impact Outpatient Program is an innovative, intensive outpatient program for substance abuse and co-occurring disorders, located just outside metro Louisville, in Mount Washington, Kentucky.

FOLLOW US ON











Mount Washington, Kentucky

GET IN TOUCH

(502) 912-1038