

## How to Detach with Love

**Livengrin  
supports both  
patient and  
family**

### **Livengrin Knows**

Inpatient treatment  
gives patients tools  
for recovery

Support goes beyond  
the patient to  
families

No one recovers on  
their own

Detaching with love includes various factors. Let's take a look at what is involved in this process.

#### **UNDERSTAND:**

- It doesn't mean we don't care
- It doesn't have to be physical distance
- The 3 C's: "I didn't **cause** it", "I can't **control** it", and "I can't **cure** it"
- There is no one-size fits all answer
- Difference between being disloyal to your loved one and being disloyal to the dysfunction
- Limitations: level of commitment to the 12-steps, alcohol in the home, family functions

#### **IMPORTANCE OF SELF-CARE:**

- Re-bond with family members and friends
- Cope with emotions: allow yourself to cry, journal, write a letter
- Participate in outside support groups and/or private therapy
- Reconnect to spiritual or religious communities
- Make time for your interests and hobbies
- Eat, sleep, take walks, exercise, yoga, meditation, mindfulness

#### **ANGER, FORGIVENESS, AND TRUST:**

- It takes time for anger to decrease, dwelling in the past allows it to stay
- We are angry at the disease not at them
- 12-steps will encourage forgiveness
- If you struggle with guilt then consider forgiving yourself, stop shoulding all over yourselves
- Allow them to make their amends
- Trust involves vulnerability and risk-taking
- If we struggle trusting our loved one's then have faith in the recovery process
- They may gain trust by working the recovery program