



Learning How to Cope with a Loved One's Addiction

The "Seven C's" teaches children coping skills to use while a loved one is using drugs and or alcohol, or in recovery. It states:

I didn't **cause** it. I can't **cure** it. I can't **control** it.
I can take better **care** of myself by **communicating**
my feelings, making healthy **choices** and
celebrating me.

If you are concerned about a loved one's drug or alcohol use and feel a sense of helplessness follow these steps to learn coping skills that will help you through these challenging times.

I didn't cause it

You didn't cause your loved one to lose control, say mean things or act in an inappropriate manner. It's important for you to understand that you couldn't prevent your loved one's addiction. How your loved one acted when they were under the influence was not reflective of anything you said or did.

I can't cure it

Addiction is a disease. It doesn't mean your loved one was a bad person. Recovery takes time and hard work, but it's helping your loved one become a happier and healthier person. If your loved one is in treatment or recovery ask about their treatment, as well as any support they receive from specialist along the way.

Need someone to talk to?



Text **HELLO** to **741741** to text with a crisis counselor.

Talk to a trained crisis professional

Central AZ | 1-800-631-1314

Northern AZ | 1-877-756-4090

Southern AZ | 1-866-495-6735

I can't control it

When your loved one is sad or upset, you want to do anything possible to make them feel better. However, when it comes to addiction, you couldn't control or stop your loved one from abusing substances. Please understand that you are not the reason why your loved one used a substance. Your loved one's addiction is not your fault.

I can take better care of myself

Make a list of ways you can take care of yourself. For example, you can stay healthy by eating good foods, brushing your teeth and going to bed on time. Taking care of your body and overall health instills good habits that can last a lifetime. Plus, boosts your confidence and outlook on life.

By communicating my feelings

It is common to try to hide your feelings or shy away from the topic of addiction when it's mentioned. Just like adults, you need an outlet where you can express what you think and how you feel. Choose someone trustworthy – a close family member, friend, therapist or teacher – who is willing to talk to you and be a listening ear.

Making healthy choices and...

It's important to take care of your mind and body. How you feel inside and out affects your happiness. Have fun by playing with friends, going on a bike ride, joining activities at school or spending time outdoors. A healthy body, mind and spirit plays an important role in keeping your mental health in check.

Celebrating me

Everyone, including children, deserves to take time out to celebrate themselves. Triumphs can be related to doing well in school or helping out around the house. Some ideas for celebrating may involve watching your favorite TV show or movie, going shopping for something you really want or having a sleepover with friends.

