

QUICK HEALTHY SUPPORT GUIDE

Converting Enabling to Effective Family Support

*From the Loving Lions Family Support Platform
Based on Michael Wilson's "Loving Lions" Approach
Professional Support: East Point Behavioral Health (855) 887-6237*

PURPOSE

This quick guide helps families transform enabling behaviors into healthy support strategies that encourage recovery while maintaining love and connection. Michael Wilson teaches that the most loving response often requires allowing natural consequences while providing emotional support.

Time Required: 10 minutes to review

Implementation: Start immediately with professional support

HEALTHY SUPPORT PRINCIPLES

Michael Wilson's Foundation:

1. Love Without Enabling

- Support the person while refusing to support the addiction
- Maintain emotional connection while allowing natural consequences

2. Encouragement Without Rescue

- Provide emotional support for positive choices
- Refuse to rescue from negative consequences

3. Boundaries With Compassion



- Set clear, firm boundaries motivated by love
- Boundaries protect both family and person with addiction



4. Hope With Realism

- Maintain hope for recovery while accepting current reality
- Prevent false hope from becoming enabling



ENABLING vs. HEALTHY SUPPORT



Financial Support:

 **Enabling:** Pay their bills to prevent consequences
 **Healthy:** "We love you and will support verified recovery activities. What recovery steps are you taking?"


 **Enabling:** Give money when they ask
 **Healthy:** "We cannot provide money that might fund addiction, but we'll support treatment costs."



Emotional Support:

 **Enabling:** Comfort them after addiction problems without accountability
 **Healthy:** "We love you and are here for you. What are you doing to address this situation?"

 **Enabling:** Make excuses for their behavior to others
 **Healthy:** "We love them, but we cannot cover for addiction-related choices."

Practical Support:

 **Enabling:** Handle responsibilities they should manage
 **Healthy:** "We believe you're capable of handling this. How can we support your success?"

 **Enabling:** Provide housing without sobriety requirements
 **Healthy:** "Housing support is available contingent on recovery participation."

COMMUNICATION TRANSFORMATION

Recovery-Focused Daily Communication:

Morning Check-in (5 minutes):

- "How are you feeling about your recovery today?"
- "What recovery activities do you have planned?"
- "How can we support your recovery goals today?"

Evening Reflection (5 minutes):

- "How did your recovery activities go today?"

- "What challenges did you face and how did you handle them?"
- "What are you grateful for in your recovery journey today?"

Crisis Communication Scripts:

For Relapse: *"We love you and we're disappointed about your choice to use substances. We cannot support active addiction, but we will always support your recovery efforts. What do you need to get back on track?"*

For Recovery Progress: *"We're proud of your commitment to recovery and the progress you've made. Your [specific achievement] shows your dedication. How can we continue supporting your recovery goals?"*

For Boundary Setting: *"Because we love you, we cannot [specific enabling behavior]. We will always support your recovery efforts and believe you're capable of [specific recovery behavior]."*

WEEKLY SUPPORT PLANNING

Week 1: Foundation Setting

- Family meeting to discuss new support approach
- Communicate boundaries and available support clearly
- Begin daily recovery-focused communication
- Contact East Point for professional guidance

Week 2: Implementation

- Practice new communication scripts consistently
- Maintain boundaries with love and firmness
- Support verified recovery activities only
- Monitor family stress and seek support as needed

Week 3: Adjustment

- Assess initial results and family responses
- Adjust strategies based on professional guidance
- Address unexpected challenges with professional support
- Celebrate family progress and healthy choices

Week 4: Evaluation

- Complete first month assessment
 - Plan ongoing support strategy implementation
 - Schedule continued professional consultation
 - Recognize growth in healthy support patterns
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RECOVERY MILESTONE SUPPORT

30 Days Sober:

Celebration: _____

Support Offered: _____

90 Days Sober:

Celebration: _____

Support Offered: _____

6 Months Sober:

Celebration: _____

Support Offered: _____

1 Year Sober:

Celebration: _____

Support Offered: _____

FAMILY SUPPORT STRATEGIES

Recovery-Conditional Support Available:

- Transportation to treatment, meetings, and therapy
- Basic food and nutrition during active recovery
- Essential medical care and prescriptions
- Professional counseling and mental health services
- Recovery-focused education and job training
- Communication services for recovery coordination

Support We Will NOT Provide:

- Basic living expenses without recovery participation
 - Entertainment or luxury items
 - Transportation for non-recovery activities
 - Legal consequences from addiction choices
 - Housing without sobriety requirements
 - Debt accumulated during active addiction
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PROFESSIONAL COORDINATION

East Point Behavioral Health Support:

- Family coaching for healthy support implementation
- Communication training for recovery-focused conversations
- Boundary setting guidance and maintenance strategies
- Crisis intervention for challenging situations

Contact: (855) 887-6237

Implementation Support Schedule:

- **Week 1:** Initial consultation and strategy development
 - **Weeks 2-4:** Weekly coaching during implementation
 - **Months 2-3:** Bi-weekly support and adjustment
 - **Ongoing:** Monthly family progress review
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SUCCESS INDICATORS

Weekly Success Markers:

- Healthy support strategies implemented consistently
- Recovery activities encouraged and supported appropriately
- Natural consequences allowed while maintaining love
- Family boundaries maintained with compassion
- Professional support utilized as needed

Monthly Success Goals:

- Enabling behaviors reduced significantly
- Recovery-focused support increased
- Family communication improved

- Professional coordination effective
 - Hope and optimism maintained appropriately
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EMERGENCY SUPPORT PROTOCOLS

Crisis Support Response:

1. **Immediate Safety:** Ensure physical safety first
2. **Professional Contact:** Call East Point (855) 887-6237
3. **Boundary Maintenance:** Support recovery, not addiction
4. **Family Protection:** Protect family emotional and physical well-being
5. **Recovery Focus:** Direct all support toward treatment and recovery

Crisis Communication:

"We love you and we're concerned about your safety. We cannot fix this situation for you, but we will support you in getting professional help. Let's contact [specific resource] together."

REMEMBER

Healthy Support Key Points:

- **Love** motivates all healthy support decisions
- **Recovery focus** guides all family interactions
- **Boundaries** protect both family and loved one
- **Professional guidance** enhances support effectiveness
- **Consistency** builds trust and recovery motivation
- **Hope** is maintained through actions, not words alone

This Quick Guide is Step 1

For comprehensive enabling assessment and detailed healthy support strategy development, professional consultation provides personalized family coaching.

Complete professional tools available:

- 4-Section Enabling Behavior Transformation Worksheet
- Recovery-Focused Communication Scripts
- 30-Day Implementation Planning Guide
- Professional Coordination Integration

This quick guide provides essential healthy support principles. For immediate crisis situations, contact 988 (mental health) or 911 (medical emergency), followed by East Point Behavioral Health coordination.

Based on Michael Wilson's "Loving Lions" approach to family addiction support and recovery encouragement.