



SEARCH

Question the possibility of substance use. Search for reasons why changes are occurring in your loved one, or reasons why this may have happened. Question the loved one & accept the answer that they are NOT using.

DENY

Deny that substance use is occurring or that substance use is a problem. Grieve for the loss of dreams once had for your loved one. Common feelings include frustration, anger towards yourself &/or loved one. You may feel guilty for not realizing sooner, or afraid of what the future holds.

ACCEPT

Accept that substance use is the cause of the observed changes in your loved one. Understand that while we can provide guidance, your loved one will be the source of their own action to achieve recovery. Realize that one does not have to accept unacceptable behavior.

LEARN

Learn about the nature & risk factors for substance use disorder, & the available resources to support family members. Begin to distinguish the difference between behaviors related to the substance use & your loved one themselves.

Stages of Coping When a Loved One Has a Substance Use Disorder

