

NEEDS IN RECOVERY OF FAMILY MEMBERS

The Addict/Alcoholic Needs:

1. To get out of their head – i.e. stop intellectualizing. Need to get in touch with other brains within themselves - as in the Gut and the Heart.
2. Develop awareness of how others feel.
3. To become flexible.
4. To Identify, Label, Manage, and learn to Tolerate own feelings and emotions.
5. To work through own problems.
6. To express anger without blaming.

STRENGTHS: Heightened awareness, Gutsy, Sensitivity to Pain – empathy.

Protector/Chief Enabler Needs:

1. Let go of responsibility.
2. Get in touch with feelings.
3. Refocus on self (wants & needs).
4. Become aware of self responsibility and let others do the same.
5. Deal with anger without blaming or falling apart.

STRENGTHS: Nurturing, Giving, Loving

Family Hero/High Achiever Needs:

1. learn to ask for an take what he needs
2. Learn to except failure.
3. Let down, Relax and just Be.
4. Focus on self – stop fixing the family.

STRENGTHS: Hard Workers, know how to get what they want.

Lost Child Needs:

1. To reach out.
2. Deal with loneliness.
3. Face pain.
4. Make new close relationships.

STRENGTHS: Patient, Creative & Independent.

Family Mascot/Pet/Clown:

1. To take responsibility.
2. Risk being serious.
3. Assertiveness.

STRENGTHS: Humor, know how to enjoy.