

INTERVENTION WEBINAR

How to Know When to Let Go of an Addict or Alcoholic

 Starting Soon



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Mike has an extensive history of helping families treat addiction. He is an authority in addiction treatment and remains dedicated to providing hands-on expertise at our clinic.

How to Know When to Let Go of an Addict or Alcoholic

Reframing 'Letting Go'



- Letting go = detaching with love, not kicking them out
 - It's accepting their choice to use without staying in their chaos
 - **Focus:** Letting go of your enabling, not just them
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Who Qualifies as an Addict? It's Not the Point

- Don't need a diagnosis—it's about how their behavior affects you
 - Forget amounts or frequency—focus on the emotional toll
 - **Ask:** "Who's pulling me into their addiction chaos?"
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Signs It's Time to Let Go



- You've hit your rock bottom—exhausted, lost, or trapped
 - You're enabling out of fear or guilt, not love
 - Their addiction owns your thoughts and emotions
 - *"Time to let go is when you're contributing nothing to your well-being"*
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Why Detaching Is Hard



- **Selfish reasons tie us:** feeling needed, avoiding conflict
 - Family roles (e.g., enabler) give purpose or control
 - You're addicted to their addiction—detaching means facing yourself
 - Many fear what happens if they do get better
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What to Say & Do



- **Say:** *"I love you, but I can't support your addiction anymore"*
 - **Do:** Set boundaries (e.g., no money, no excuses) and stick to them
 - **If in denial:** Consult a pro
 - **If resistant:** Change their environment—stop enabling
 - Actions > Words
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How Letting Go Helps Them



- Removes comfort—forces them to face consequences
 - No consequences = no need for change
 - Avoid victimhood—DIY interventions can backfire
 - Detachment is a gift of accountability
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Taking the First Step for You

- Help yourself first—don't wait for their bottom
 - Set one boundary today (e.g., "I won't clean up your mess")
 - **Family First's S.A.F.E.® program:** Boundaries, accountability, self-healing
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Stop Accepting Excuses and Start Getting Help

Questions? The Floor Is Yours!

Prefer to talk in private? Get in touch below:

Call Us: 1 (888) 291-8514

Chat with us: family-intervention.com
