

INTERVENTION WEBINAR

Can a Marriage Survive Drug or Alcohol Addiction?

 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.

Can a Marriage Survive Drug or Alcohol Addiction?

Challenges in Marriage with Addiction

- Devastating impact when married to a substance user.
 - Spouse often realizes their partner prioritizes substances over the relationship.
 - Marriage requires compromise, but addiction makes it "all about them."
 - Set boundaries and ensure accountability.
 - Two choices: Stay in stressful conditions or prioritize self and children—unless the partner gets sober.
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Why Stay? Self-Reflection

- What are you gaining by staying in the relationship?
 - Often rooted in dysfunctional family origins or generational patterns.
 - Addiction and mental health issues stem from family dysfunction.
 - Emotional (and sometimes physical) abuse persists.
 - Consider the impact on children growing up in this environment.
 - Focus on helping yourself and others affected, not just the spouse.
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Sobriety and Recovery

- Marriage can survive if the impaired spouse gets sober and addresses underlying behaviors.
 - Responsibility isn't just on the addicted spouse—family and partner must engage in recovery too.
 - Learn to detach, communicate effectively, set boundaries, and recognize relapse signs.
 - Families may not always spot active use, but they'll know when sobriety is absent.
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Understanding Relapse



- Relapse begins with behavioral changes, not just substance use.
 - "Dry spell" on willpower alone leads to misery and resumption, not true relapse.
 - True relapse: Revert to old behaviors after positive change and sobriety.
 - Healthy spouse in recovery spots warning signs early.
 - If relapse occurs: Reset boundaries, hold accountable, lean on support system.
 - Worse than an active user: A "dry" one without behavioral change.
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Why Isn't Love Enough?

- Love alone won't make them change or sustain sobriety.
 - Early recovery may start with external consequences (e.g., losing family, job), but long-term sobriety must be internal.
 - Relying on external motivators leads to relapse if they fail.
 - Recovery requires work from both sides—not just 30 days in rehab.
 - Don't expect a "shiny new penny" return; address internal reasons for use.
 - Children or love aren't enough to stop addiction without deeper change.
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Behaviors Before, During, & After Treatment



- Spouses often become martyrs, victims focused on their own fears.
- Common fears: Will they still love me? Meet someone else? Divorce? Financial issues?
- Martyrs pull loved ones from treatment early (around 30 days) against advice.
- Anxiety stems from illusion of control; most fears don't happen.
- Spouses may resist interventions and sabotage them.
- **“The spouse of a substance user is most likely to put up the most resistance...”**

Boundaries & Support

- Realize your martyr role and identify behaviors; commit to your own recovery.
 - Don't pull them from treatment early—let them stay as needed.
 - Stop believing love/children alone suffice; set healthy boundaries and accountability.
 - Intervention is about letting go of control, not controlling the user.
 - **"Interventions are as much about families letting go of old ideas..."**
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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
