

# QUICK TIPS

## FOR LIVING WITH A FAMILY MEMBER WHO IS MISUSING SUBSTANCES

**Be consistent**

**Talk regularly with other household members**

**Remember your loved one's substance use is theirs, not yours. You do not need to fund their decisions**

**Set reasonable boundaries**

**Only make decisions when feeling calm**

**Remember to look after your own health and focus on your own needs**

**Get informed and educated. Build a support system for yourself**

**Work as a team with other household members and try not to undermine each other**

**Remember, your relationships are important too**

**With other children or people you care for, be mindful that they need your attention too**

**Avoid blame and guilt when communicating - Use "I" Statements**

**Small steps lead to change and should be celebrated**

**Keep in mind you can't fix their problem**

**Choose your moment to have discussions- for example when your loved one is not substance affected, is calm or approachable**

**Be kind to yourself - you are doing the best job you can**