

Principles

1. I do not have the ability to change my addicted loved one's behavior.
2. My responsibility is for my own spiritual, emotional, and physical health.
3. My life is important and valuable to myself and to God, regardless of my loved one's behavior.
4. The key to living a joyful, positive life is found in my relationship with Christ, and not in someone else's recovery from addiction.
5. I will not attempt to fix my loved one's problems which have been caused by addiction. By doing so, I am enabling my loved one's addiction to persist.
6. An addict maintains their addiction through various forms of sin, including, but not limited to denial, dishonesty, and manipulation. I will try, to the best of my ability, to be aware of this, and to practice detachment with love as the only appropriate response.
7. My speech towards my addicted loved one should be honest, biblically wise, and edifying. My arguments and verbal abuse are no match for the power of addiction, and can even make it stronger.
8. I will help my addicted loved one in their efforts toward recovery. I will not help them to continue their addiction.
9. I will not do more for my addicted loved one's recovery than they are willing to do for themselves.
10. I, not my addicted loved one, have the right to determine when an acceptable level of recovery has been achieved, and when they have regained the privilege of a restored relationship with me.
11. I am who I am through the grace of God and do not have the right to judge other people.

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