

Tips to Manage Parental Guilt in Recovery

1. Seek Drug and Alcohol Treatment for Dads and Moms First

If you have an alcohol or drug addiction, you need to help yourself before you will have the strength to help your child. Be the example your child needs. Show them that recovery is possible and worth the battle ahead. Your experience and support will be invaluable, and the emotional regulation and support you will gain will pass along to your child.



2. Stop All Enabling Behavior

It's natural to want to shield your child from the consequences of their actions, whether it's by lending them money, paying bills, or overlooking harmful behaviors. However, enabling their addiction removes the incentives for change. They must reach a point where the pain of addiction outweighs the challenges of recovery.

3. Practice Self-Care for Better Health and Resilience

Sometimes, the stress of dealing with addiction gets overwhelming. When maxed out, you can say or do things you regret. Take care of your body, your other relationships, and your soul. Seek therapy if you're having difficulty processing your emotions or need a safe place to blow your top. When you feel stronger, you can rejoin the fight for your child's sobriety.



4. Find Residential Treatment Centers Near You

If your child is under 18, enroll them in a substance abuse center that will help them safely detox and teach them better coping skills. A good center will include family counseling that will show you how best to support your child's efforts to maintain sobriety once they get out of rehab. If your child is an adult, it limits your ability to intercede directly. Encourage them to seek in-patient treatment as the reset button they need to turn their lives around.