



Dilworth Center

UNLOCK YOUR RECOVERY



Detachment

**Gaining perspective when your
loved one is hurting**

Detachment

Al-Anon is a worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of a drinking problem or seeks help. At Dilworth Center, we understand that substance abuse disorders are a family disease. The effects of the disease extend far beyond the addict and can be too much for family and friends to bear on their own without help. The concept of "Detachment" can be helpful to friends and family members caught up in the effects of this disease.

"Detachment is neither kind or unkind. It does not imply judgment or condemnation of the person or situation from which we are detaching. Separating ourselves from the adverse effects of another person's alcoholism can be a means of detaching: this does not necessarily require physical separation. Detachment can help us look at our situation realistically and objectively."

In Al-Anon we learn nothing we can say or do can cause or stop someone else's drinking. We are not responsible for another person's disease or recovery from it.

Detachment allows us to let go of our obsession with another's behavior and begin to lead happier and more manageable lives, lives with dignity and rights, lives guided by a Power greater than ourselves. We can still love the person without liking the behavior."

In Al-Anon we learn:

- Not to suffer because of the actions or reactions of other people.
- Not to allow ourselves to be used or abused by others in the interest of another's recovery.
- Not to do for others what they can do for themselves.
- Not to manipulate situations so others will eat, get to bed, get up, pay bills, not drink, or behave as we see fit.
- Not to cover up for another's mistakes or misdeeds.
- Not to create a crisis.
- Not to prevent a crisis if it is in the natural course of events.



Dilworth Center

UNLOCK YOUR RECOVERY

Call now:
(704) 372-6969

2240 Park Road, Charlotte, North Carolina 28203