



## About *Addiction*

We have learned that addiction is an illness, not a moral issue. It is a two-fold disease: A physical allergy coupled with an obsession of the mind. It can be arrested, but never cured. It is similar to diabetes in this respect. The only relief the medical community has to suggest is entire abstinence. We can no more prevent the addict's use of drugs than we can stop someone who suffers from tuberculosis coughing. No one, not even the doctor, nor the clergy, nor the family, can do this for them.

We have found that compulsive use of drugs does not indicate lack of affection for the family. It is not a matter of love, but of illness. The addict has lost the power of choice in the matter of drugs. Even when they know what will happen when they take the first drink, pill or fix, they will do so. This is the insanity we speak of in regard to this illness.

When we fully understand and accept that addiction is a disease, that is both mental and physical, and that we are powerless over it, we become ready to learn a better way to live.



## *Dos and Don'ts*

- Do forgive
- Do be honest with yourself
- Do be humble
- Do take it easy - tension is harmful
- Do play - find recreation and hobbies
- Do keep trying whenever you fail
- Do learn the facts about drug addiction and alcoholism
- Do attend Co-Anon meetings often
- Do pray
- Don't be self-righteous
- Don't try to dominate, nag, scold, and complain
- Don't lose your temper
- Don't try to push anyone but yourself
- Don't keep bringing up the past
- Don't keep checking up on the addict
- Don't wallow in self-pity
- Don't make threats you don't intend to carry out
- Don't be over-protective
- Don't be a doormat