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.

Co-Anon Family Groups are for friends and family members affected by the disease of addiction.

Find a meeting near you

www.co-anon.org

About ***Addiction***

Dos and ***Don'ts***

The 12 ***Promises***

www.co-anon.org

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

The Promises from Alcoholics Anonymous

“If we are painstaking about this phase of our development, we will be amazed befor we are halfway through. We are going to know a new freedom and a new happiness.
We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.”

Reprinted from pages 83 through 84 of the book "Alcoholics Anonymous".

This quotation from the book Alcoholics Anonymous does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism. Use of the Steps and Traditions in connection with programs and activities which are patterned after A.A. but which address other problems does not imply otherwise.