



VESTA

APPROACH



10 WAYS TO FAMILY RECOVERY

Ten ways to family recovery

1. Assess your strategies

Think about all the strategies you have used to try and stop your loved one drinking or using drugs. Have any worked? If so, keep doing them, If not, stop doing them. Only continue with the things that have made a significant change and save your precious energy.

2. Understand your loved one's alcohol and other drug use

Understanding the benefits and the costs of your loved one's drinking and drug use is really important if you are going to help them think about change.

Thinking about the benefits;

- What do they like about drugs/alcohol?
- What does drugs/alcohol help them avoid?

Thinking about the costs:

- What problems do drugs/alcohol cause them?
- What do they miss out on when they use?

If you can help your loved one realise what they are missing out on, and understand why they might be using, you are in a better place to make recovery more attractive to them.

In order for you to influence change, we need to tip the balance so that being sober, becomes more attractive than being intoxicated.



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3. Keep yourself safe

Drinking and drug use can sometimes come hand in hand with abusive behaviour, whether it is physical, emotional or financial/other. If this is happening. Try and create a safety plan including a safe place to go to. If you have children, consider the impact on them and think about how to keep them safe too. Abuse is always wrong, whether the other person has a problem with alcohol or drug use or not. Please contact emergency services immediately if you feel you are in danger.

If you can, let a friend or family member know what is going on so you have a safe space to go if you need to.

4. Work on your wellbeing

Caring for a person who uses drugs or alcohol can be all-consuming. On top of your other responsibilities, you are left with zero time for you. You may have lost touch with people because of shame or stigma or just that you haven't felt like seeing anybody. Make a plan to do something for you. Call an old friend and arrange something, join a class, read a book, whatever floats your boat. It will help you be you. Do it today if you can!

5. Set those boundaries

Setting and maintaining clear boundaries for yourself and your loved one is essential. A useful starting point for boundary setting is to think about what you absolutely will not accept and work from that point. Then think about what you will accept. If they use their drug of choice, how will you respond? Can they use in the house or not? Will you give them money? Boundaries are NOT about telling someone else what to do. They are NOT about getting someone to change. They are about protecting your peace and getting clear on what you are in control of to do that. They are always about what YOU will do if X happens. You always have a choice.



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6. Keep it positive when your loved one is sober

One of the four key principles of The Vesta Approach is to reward your loved one when they have not been drinking or using drugs. This can seem ridiculous, but seriously, even if it's making them a cup of tea, their favourite meal, a bit of affection, whatever you and THEY will value, do it. This is part of you showing them that being sober is way better than picking up that drink or using. Make sure you acknowledge the sober times too, for example, "I love our time together when you are sober".

7. Communicate without kick-offs

When we are angry or upset, feeling let down (again) and experiencing yet another broken promise, we don't communicate very well because of our emotions.

Here's a handy tip (even if you say it through gritted teeth!)

So, say what you want to say starting with...

- "I feel..." -state the emotion you feel
- "When..." - say what caused the feeling
- "Because..." - optional- this is the 'why' - keep it brief!
- "Next time, I would like..." - explain what you want to happen

For example, "I feel disappointed that you used/drunk last night when we had dinner plans. Next time, I would like it if you would try to stay sober or let me know if you have used so I am not waiting".

So... state how you feel, why and what you want to happen next time. This is tricky, but practice it (with everyone!). This method of communication is called an 'I-Statement'. Nobody can argue with your feelings, but they can when they feel threatened with "You did X, you did Y" (and maybe that's another 'excuse' to go and take a drink/use.)



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8. Become a helpful helper

Every single family member I have helped has tried their very best to help their loved one. Usually with no support, apart from Google, to get ideas. Helping someone to do something they truly cannot do themselves in this situation is helping.

Have you done any of the following for your loved one?...

- Cover up for them?
- Clean up after them?
- Make excuses?
- Called in sick to work?
- Tuck them up in bed?
- Bought drugs or alcohol?

The list is endless and very personal to you. Please be reassured that none of your attempts are 'right' or 'wrong'. Do not be embarrassed or ashamed. You have done a wonderful job so far.

Make a list of the ways you have been helping your loved one and if it feels safe to do so, you can think about stopping any that have not been effective and doing more that work for you because you are truly helping your loved one towards recovery and away from addiction.

One of the ways your loved will consider changing their behaviour, is to allow them to experience the natural consequences of their use. This makes being intoxicated less attractive and recovery more appealing.



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9. Save your energy when your LO is intoxicated

This might feel massively inconvenient for you. I get it. Put yourself in your loved one's shoes, If they use and get your company all at the same time- are they likely to choose change? Even if it's negative, we are social beings, we like to be around people so your loved one is in a win-win situation.

Take yourself away, go out, go to bed, take a bath. Anything that is going to make you feel good and not too disappointed. If you withhold a reward, the message you could give (and remember to state this) is something like "I can see you are having a drink/using. I prefer spending time with you sober. Let's rearrange this for another time when we can enjoy it together. I'll see you tomorrow."

Your loved one is left with their alcohol/drug alone. Perhaps they will start to realise they don't get you AND their substance of choice, but you still love and care for them.

No arguing, no conflict.

Practice only engaging with your loved one when they are SOBER. Trust me, once they've used their drug of choice, I suggest you save your energy.

Please note, this can cause certain people to kick off, be mindful of previous behaviours and do not put yourself at risk.

Not sure if your loved one definitely has used/drunk? No problem! Just make it about you. 'I get a sense that something is wrong. I'm sorry if I'm wrong but it's hard to trust the situation right now.'



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10. Get your own help! NOW!

There is online and face to face support available for your loved one when they are ready (try and be aware of these if you get the opportunity to bring treatment up with them and they agree, you need to act fast). Helping a loved one get the help they need is NOT 'enabling'!

Think about your own help too. Increasing your social circle is absolutely crucial. Don't focus on changing your loved one, focus on you and how you can change your responses to their behaviour so that you can live a better life.

I hope this has helped you. Please stay connected.

[Get help now](#)

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Click on the links

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Checklist

Tick off the strategies you have practiced and perhaps have a handy notebook to record your journey.

1. Assess your strategies ☐
2. Understand your loved one's drug/alcohol use ☐
3. Keep yourself safe ☐
4. Work on your wellbeing ☐
5. Set boundaries ☐
6. Keep it positive when your loved one is sober ☐
7. Communicate without kick-offs ☐
8. Become a helpful helper ☐
9. Save your energy when your loved one is intoxicated ☐
10. Get your own help! ☐

I'd love to know how you get on.
[Click here to drop me an email](#)



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Support Available from The Vesta Approach

#ReclaimYourLife Online Community Programme

Women only space with pay annually/pay monthly options
(from £49 a month)

Access to The Vesta Approach signature programme for self
study

Accountability

Private Community space

Group coaching

[Get in now](#)

One to One Support/ Permission Granted: Reclaim Your Life from a Loved One's Addiction

Get your own tailored, private and discreet online support with
me. I will walk you through you the BEST strategies to cope with
your loved one's addiction and start putting YOU at the centre of
your life (from £1995)

[If you want this, book a friendly chat in now.](#)

Drop me a message twith any questions
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Helpful Free Contacts (click the links)



Drop me a message to get help now

HERE



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My Action Plan

What 3 things do I need to support my own wellbeing?

Which 3 of the 10 ways to family recovery do I need to work on as a priority?

Who can help me with this?



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