

Family Guidelines

1. **Go slow** - *things will get better in their own time.*
2. **Keep it cool** - *tone down disagreements and enthusiasm.*
3. **Give each other space** - *time out is important for everyone.*
4. **Set limits** - *few good rules keep things clear.*
5. **Ignore what you cannot change** - *let some things slide, but DON'T ignore violence.*
6. **Keep it simple** - *say what you have to say in clear, calm, positive terms.*
7. **Follow your recovery plan** – *attend appointments, take only medications that are prescribed and take them only as prescribed.*
8. **Carry on business as usual** - *re-establish family routines as quickly as possible and reconnect with family and friends.*
9. **Reduce substance use and misuse activities and behaviors** - *they make symptoms worse.*
10. **Pick up on early signs** - *observe changes then consult with your clinician.*
11. **Solve problems step by step** – *make changes gradually ... work on one thing at a time.*
12. **Lower expectations temporarily** - *don't make unrealistic comparisons, e.g., compare this month to last month rather than this year to last year.*