

# LOVING YOURSELF WHILE LOVING SOMEONE WITH SUBSTANCE USE DISORDER

Cigna April 2022  
Substance Use Disorder  
Awareness Series

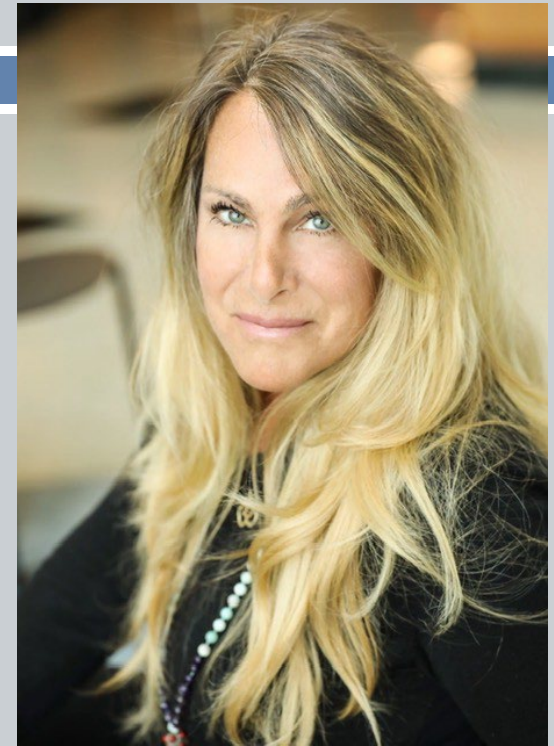
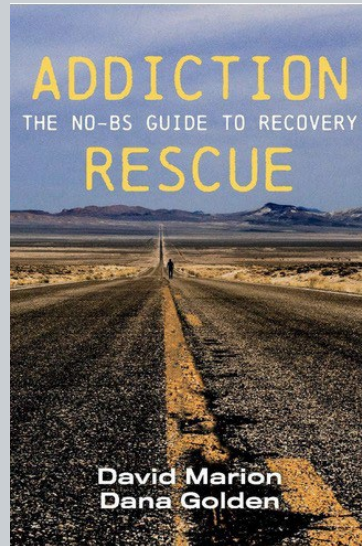
Presented by Dana Golden

# About Me: Dana Golden

- Nationally Certified Recovery Coach
- Nationally Certified Family Addiction Coach
- Author *Addiction Rescue; The NO-BS Guide to Recovery* (and companion workbook)

## I've been where you may be:

- Codependent
- Enabler
- “Helicopter” and “bulldozer” mom
- Worrier
- Caretaker
- Fixer

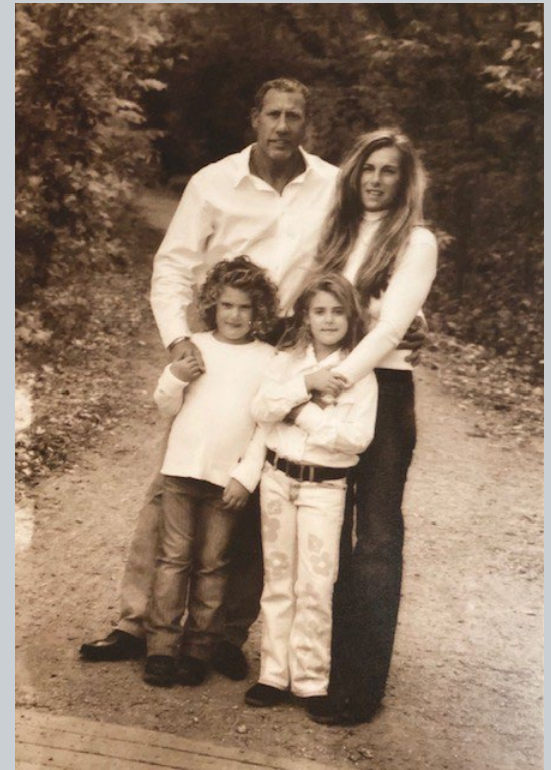


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# My Story

- I grew up in an addictive home
- Developed codependent and enabling behaviors
- Sought relationships that mirrored; taking care of others
- Introduced to Alanon
- My journey of emotional recovery started in the late 1980's
- 1990: started therapy focusing on my past
- 1992: married a man in recovery from Substance Use Disorder
- By 1998, we had two daughters and a multi-million dollar brokerage firm
- Life was perfect...



# How I Came to Be Here

- In 2001, my husband relapsed
- I relapsed too, back to codependent and enabling behaviors
- I divorced my husband in 2005
- My ex-husband continued to use opioids, heroin and gambling
- In 2011, he bankrupted his company and was indicted for mail fraud & money laundering
- His sober journey began before his prison sentence of 5 years
- He was released in 2016

## Mpls. coin dealer gets 5 years for fraud scheme

David Marion, 53, will also pay restitution of nearly \$3.4 million.

By David Phelps Star Tribune | AUGUST 29, 2013 -- 11:33PM



DAVID DENNEY - STAR TRIBUNE

When my ex-husband got out of prison, we knew we had a story to tell and a passion to help others. We collaborated an *Addiction Rescue* and now work together with the mission to support as many people as possible suffering from Substance Use Disorder and their families in finding recovery.

# Substance Use Disorder & The Brain

## Factors that affect brain recovery:

- Age
- Genetics
- Mental health
- Length of time using
- Amount of substance usage
- Substance abused

## **Alcohol**

- The brain starts healing at 2 weeks, but full improvement takes up to 14 months.
- Effects: brain fog, difficulty concentrating, confusion and inability to think clearly.

## **Methamphetamines**

- Approximately 14 months to achieve normal brain receptor levels

## **Opioids**

- 90 days for dopamine recovery
- Loss in memory, attention, spatial planning and executive functions can last up to several years.

Treatment in a facility is just the start. It takes **a year or longer** for dopamine levels to **fully return and brain cells to recover.**

## **Benzodiazepines** (Xanax, Ativan, Valium)

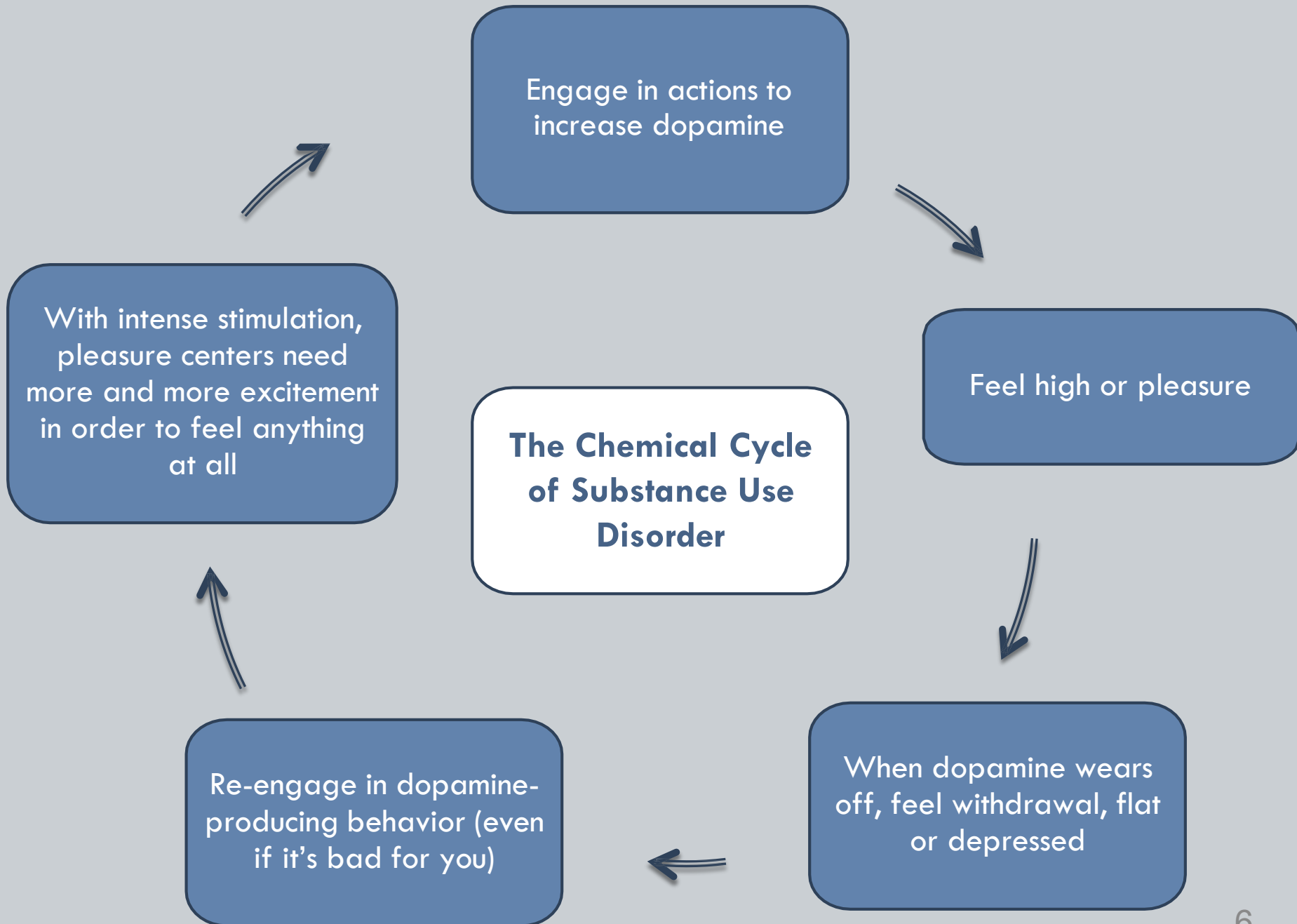
- Minimum of 6 months for brain improvement

## **Marijuana**

- Prolonged usage kills brain cells causing permanent symptoms
- Memory loss, instability, and coordination.

## **Ecstasy**

- 2 weeks to 18 months



# Why You Can't Fix Your Loved One

## The Three C's

- You didn't **CAUSE** it.
- You can't **CONTRIL** it
- You can't **CURE** it

## Brains seek pleasure and operate on a reward system

- Receive pleasure = "turns the brain on".
- Substance use = reward
- What else does a reward-seeking brain finds pleasure?
  - Ex. Caffeine, sugar, internet surfing, online shopping

## Quitting can cause depression, anxiety, and stress

- The level of destruction of the habit  $\neq$  difficulty of stopping
- Stopping any pleasure habit effects the brain

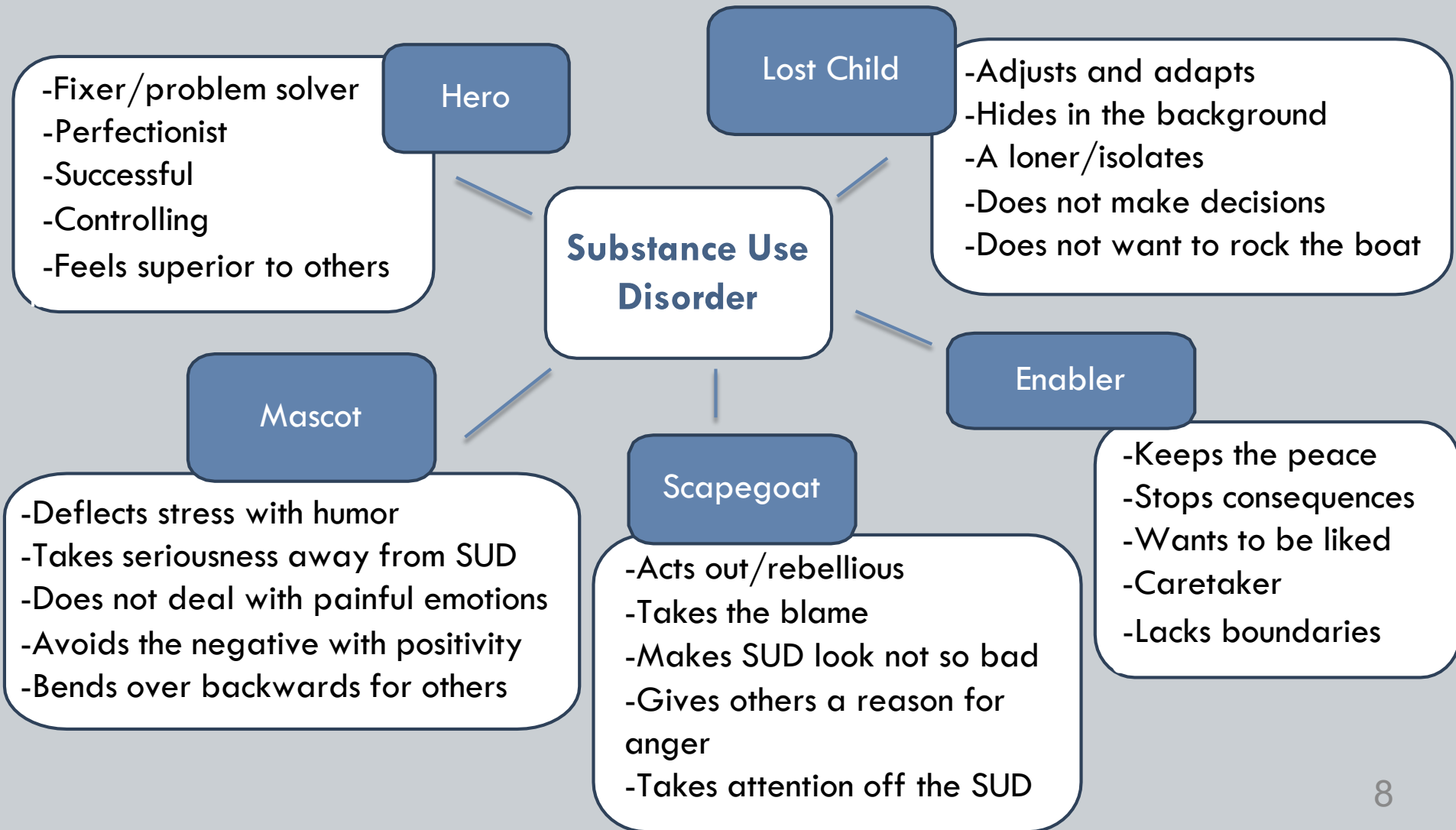
## All we can control is our compassion, empathy, and understanding

- Separate your loved one from the Substance Use Disorder
- Encouragement, not judgment
- Do not criticize, shame or blame
- Positivity, not negativity

Your recovery is **not conditional** on your loved one's recovery



# The Roles We Play





# Codependency, Enabling & Boundaries

## Codependency

- Putting others feelings above your own
- Feeling responsible for others' happiness
- Trying to control someone else's emotions
- Not being your authentic self
- Not letting others be their authentic self

## Enabling

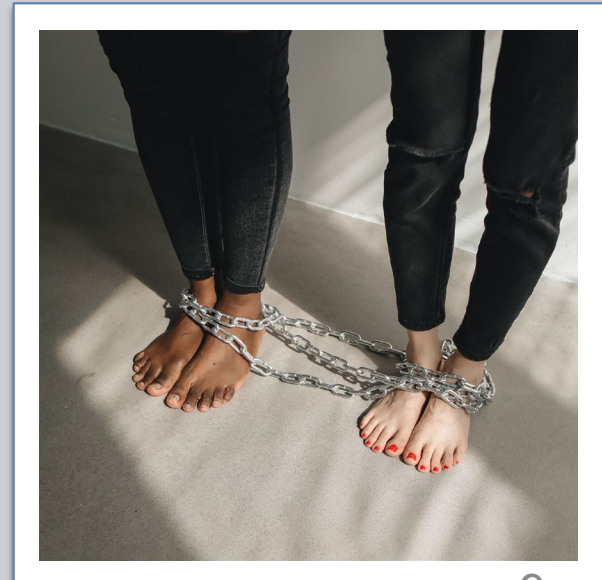
- All the “help” you’re giving your loved one
  - Financial, transportation, hiding, lying, making excuses, etc.
  - Helping your loved one avoid consequences

## Boundaries

- Set limits for yourself (physically and emotionally)
- Know which are firm and which are negotiable
- Have consequences in place when boundaries are crossed

Relaying your worry and care **will not change** your loved one's using behavior.

The best way to help you loved one into recovery is to find your own; **lead by example.**



# Stop Keeping Secrets

“You’re only as sick as your secrets”

- **The stigma and shame of Substance Use Disorder is changing**
- 1 in 12 Americans have Substance Use Disorder
- 1 in 8 Americans have Alcohol Use Disorder
- 1 in 3 people are touched by another’s Substance Use Disorder
- The ripple effect
- By sharing your experience, it gives others inspiration to share theirs
- Sharing will reduce your anxiety and fear

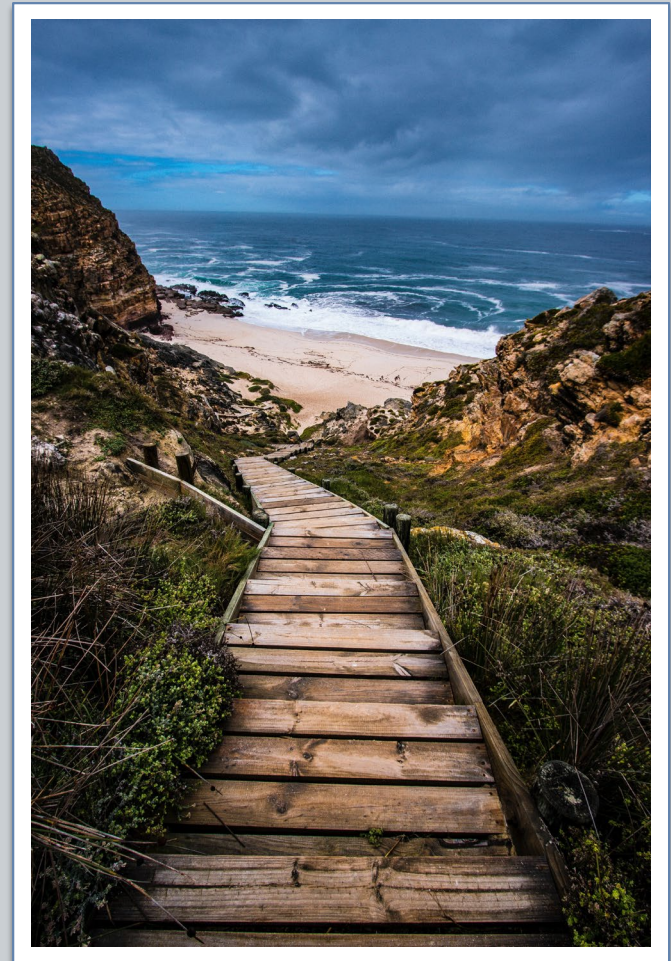
# The Burden of Resentments & Anger

- Stuck in the past
- Harms only you
- Can cause physical illness
- Resentments are premeditated expectations
- Adjust your expectations and be realistic
- Letting go allows you to live freely in the present
- Clear the wreckage of the past to repair relationships



# Make You the Focus

- It is not selfish to take care of you!
- Make decisions in your best interest (not others)
- Act on your wants and needs
- Find what fulfills **you**
- Focus on your passions, dreams, and goals
- Reduce stress and anxiety:
  - Work out
  - Yoga
  - Eat healthfully
  - Connect with nature
  - Download an app for tapping
  - Download an app like Calm
  - Meditate
  - Journal
  - Pranayama breathing
  - Or, anything that brings calming and empowerment



# My Message For You

Taking care of you is not loving your loved one less,  
**it's loving yourself more.**

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If I could sum up my enthusiasm of hope for those caught up  
in the ripple effect of substance use disorder;  
do not stand in the wake, rather,  
start making your own ripple effect.

In Life and Recovery,  
Dana

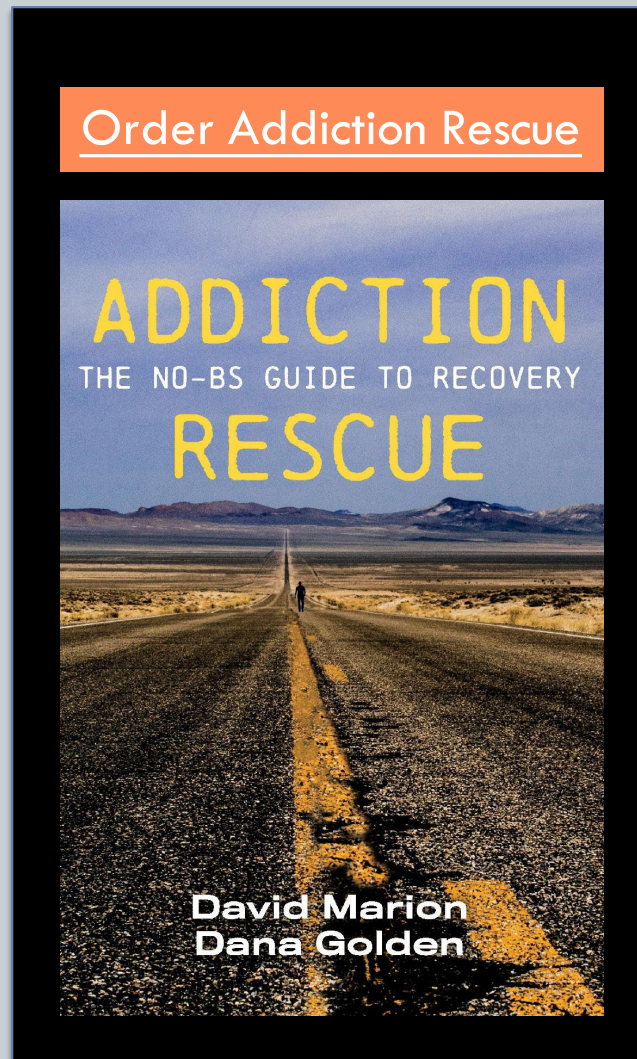
# Resources

*If you or someone you know is facing, or trying to determine, if there is an addiction crisis we're here to help 24/7. Please contact our team for intervention services as well as sober coaching, companions and escorts at:*

612-849-7509

info@TheLifeRecoveryCoach.com

[TheLifeRecoveryCoach.com](http://TheLifeRecoveryCoach.com)



Addiction Rescue Companion Workbook is a free download to work alongside the Addiction Rescue the No-BS Guide to Recovery. The workbook provides chapter synopsis, questions, and writing exercises from the book



## **Behavioral Health Awareness Series**

If you are an Evernorth or Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

Stephanie Gissal - 800.274.7603 x398516

Alex Turner - 800.274.7603 x513597

Wanda Russell – 800.274.7603 x342063