

Our View

Why worry about a speck in your friend's eye when you have a log in your own? How can you think of saying to your friend "Let me help you get rid of that speck in your eye, when you can't see past the log in your own eye?"

Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye.

Matthew 7:3-5

- 1) YOU CANNOT control your child's addiction.
- 2) YOU CAN control how you respond to their addiction. *But you must recognise your own faults first!*



Getting Help

WHERE DO YOU START

There are lots of places you can go to get help. It's a good idea to first get yourself informed and start working on changing your Rescuer or Persecutor role.

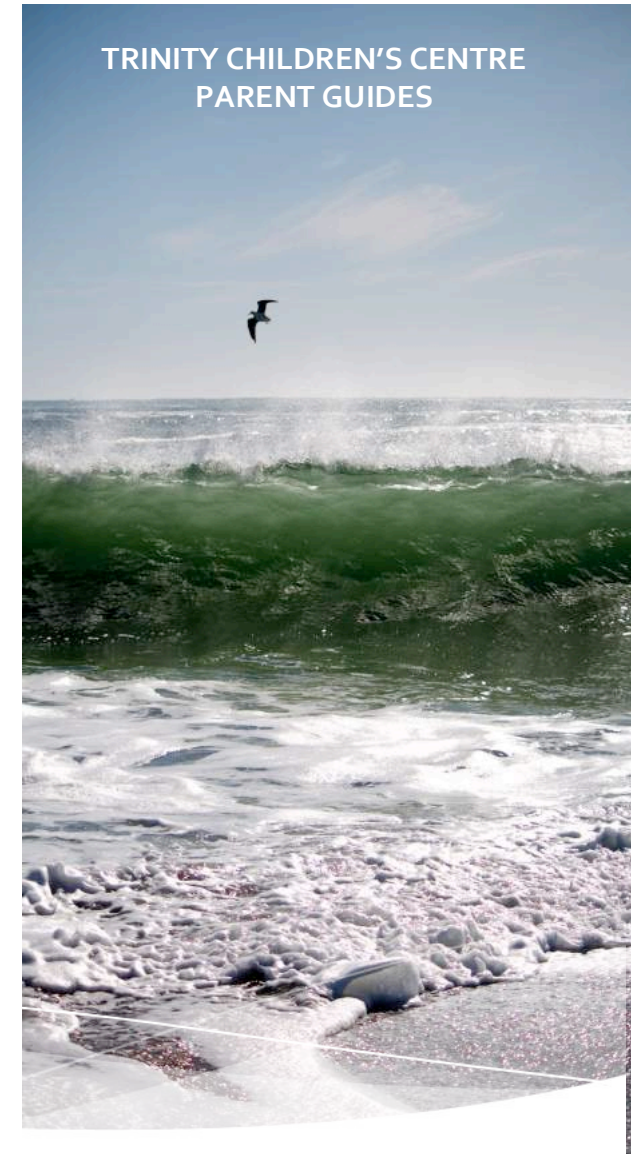
For a Christian Perspective on Addictions take a look at our website:

www.trinitychildren.org.za/addictions



Do you need someone to talk to?

Please come & speak to the TCC Interventions Team



TRINITY CHILDREN'S CENTRE
PARENT GUIDES

Families & Drugs

A PARENT'S GUIDE

Where did we go wrong?

When things go wrong, it's normal to look for somebody or something to blame and more often than not, we blame ourselves. You may have made mistakes in the past, or you may be a victim of circumstances... Whatever the cause you're now left to pick up the pieces! We give you a few tips here on how can you improve the chances of your child wanting to quit drugs and start making better life choices.



The games people play

Maybe there's something you'd like to stop doing because of the consequences? For me it's unhealthy food. But, no matter how many times I tell myself the diet will start on Monday.... The diet never starts!

I am doomed to failure! Left to our own devices, we always do the wrong thing! Paul says the same: "I want to do what is right, but I don't do it. Instead I do what I hate". (Rom. 7:15)

He labeled himself a wretched man because he was so enslaved to the sinful cravings of his body!

We're no different but the results of over-eating aren't as serious or as obvious as drug taking!

The Rescuer : (*Protecting your children from the consequences of their habit*). You may cover up for them, or give them money or make excuses for their behaviour. They manipulate and make you feel guilty... so you try to be the good guy. You try not to upset the apple cart – to keep the lid on things – to pretend that things aren't as bad as they are. **RESULT** : When things are easy, we are very unlikely to change! It's only when we're faced with harsh realities that we realise something has to change!

The Persecutor : (*Shouting, ranting and raving at your child*). You tell everyone how useless the child is, how they are stealing everything and bad in every way. You shout and scream when things are stolen in the house or when they have been inconsiderate. You may hit them, or threaten them, but you never see the threats through. **RESULT** : Your child will blame you for their addiction, following every shaming, or argument they will head straight away for a fix! They will often stir up trouble or cause arguments just so they can justify their behaviour!

Don't be Manipulated : If you recognise yourself as the Rescuer or Persecutor, you can see that your responses are making the situation worse. Your child is responsible for their behaviour and you are responsible for yours. Recognising this is the first step to getting help.