

ADDICTION SOLUTIONS: FAMILY EDITION

A GUIDE FOR PARENTS AND FAMILIES TO
HELP THEIR LOVED ONES

PRESENTED BY THE FREEDOM MODEL





What's Inside

This short e-book will provide you, the parents, caretakers or loved ones of substance users, with factual information that you won't hear anywhere else. With it, you will begin to see a way to help your loved one get past their problem. We know it's hard dealing with such a confusing and scary issue. But you are not alone. We will show you how to get the help your loved one needs!

By calling out the rampant misinformation and lies surrounding drugs, alcohol and addiction, this e-book will provide you with information that will quell your fears and allow you to make a decision based on facts rather than panic.

We have kept this e-book short, and addressed each important point directly and succinctly, so we encourage you to read through it fully. This e-book takes a few important points from our complete texts which are available both in digital format and in paperback; and we offer a full array of personalized, private, professional services. You can get more information about our books and services at www.TheFreedomModel.org. And you can reach us at 888-424-2626 or at info@thefreedommodel.org.

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PEOPLE GET OVER ADDICTION – YES, YOU HEARD THAT RIGHT!



More Than
90%

More than 90% of people with addictions stop their addictions.

Most Do So Without Treatment.



Have you just discovered that your teen or young adult is using marijuana, alcohol or other drugs?

Is your adult child struggling with substance use problems or addiction?

Have you invested your precious time, money, and emotions over and over again only to watch your child sink deeper into turmoil, despair and heavy substance use?

Whether your child is 16, 26 or 56, the anxiety, intense worry, guilt, shame, and helplessness that you feel dealing with a child that is heavily using substances or addicted can be overwhelming. And sadly, when you seek help from addiction treatment professionals, the information you receive is often completely wrong and can make you feel even more anxious and panicked. If your child has been to one or more treatment programs and their problem has worsened, you are not alone. It's important to know the following facts.

Treatment programs have relapse rates as high as 95% within the first year post treatment. And furthermore, rates of accidental overdose are highest within the first several weeks post treatment. I don't tell you this to scare you, only to provide you with the facts so you can make a fully informed decision about what you can do to help your child. The good news is there is a much better solution!

Despite the worsening trends in treatment programs and in current overdose rates, most people do eventually get over their substance use problems. Most parents like you don't realize this fact. It is such good news. Survey data reaching back several decades show that over 90% of people resolve their alcohol problems, and more than 96% of people with stimulant, marijuana, cocaine, tranquilizer, and opioid (heroin included) problems resolve these problems too. The odds are greatly in favor of your child growing beyond their substance use problems. It's imperative to know that most get over these problems without formal treatment and/or support methods. Again, treatment does not result in greater success rates than going without treatment. There are much better ways of seeing and approaching this problem than through the disease and treatment lens that is being peddled in rehabs and 12 step groups today.

This short e-book will answer some of the most pressing questions you have about addiction and about how to help someone who may want to change, but has failed; as well as those who don't want to change, and/or may be denying to you that they have a problem.

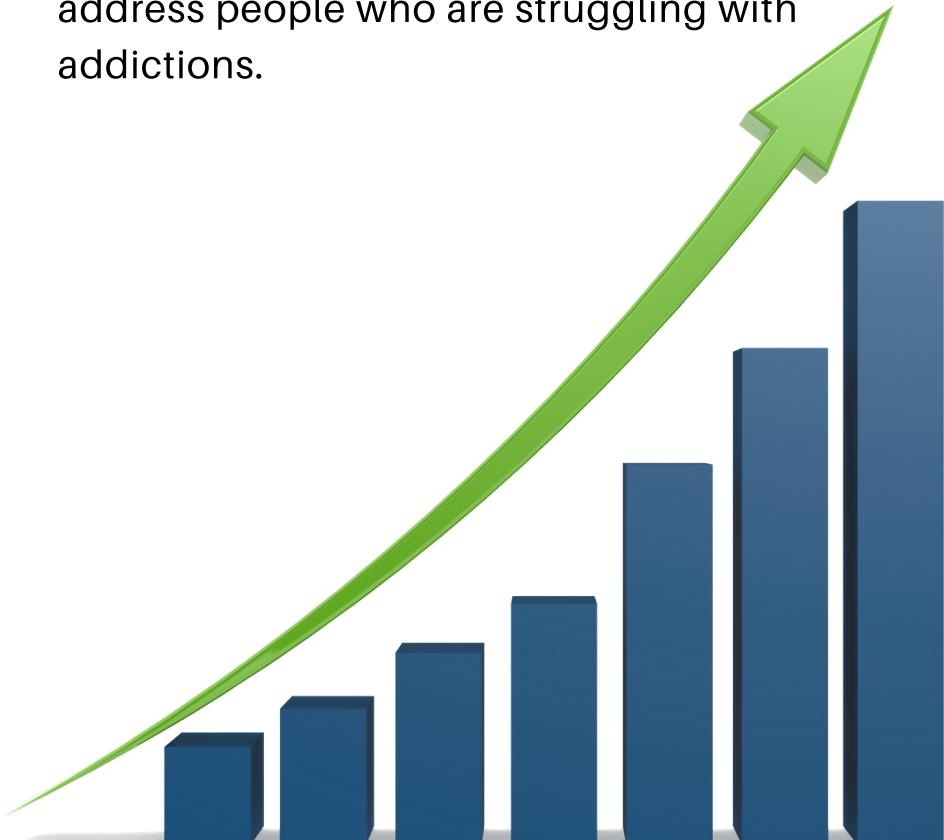
THERE IS NO NEED TO PANIC: CALMER HEADS WILL PREVAIL

"Yet, rates of addiction are trending upward, recovery rates are down, and we now have what is being classified as an overdose crisis."

There is currently a wave of addiction hysteria spreading across the US and western world. It is largely due to an alarming increase in accidental overdoses and deaths resulting from substance use.

The trend is indeed alarming, but this is one situation where the knee-jerk reactions and resulting trends in treatment pushed by politicians and treatment providers are fueling the problem rather than solving it. More people get addiction treatment today than at any time in history, and for the past 30 years addiction education begins with children as young as 5 years old. Yet, rates of addiction are trending upward, recovery rates are down, and we now have what is being classified as an overdose crisis.

These facts forced us to look for a better way to address people who are struggling with addictions.



IF THIS WAS CANCER, WE WOULDN'T DO IT

The treatment and addiction recovery community have used these failures as a rallying cry to gain more funding for more of the exact same treatment. If we were talking about cancer, and the treatment methods were resulting in more people dying, would everyone be rallying for more of that same treatment or would they ditch it and seek a different solution?

Of course they would be seeking something different. So why isn't that the case with addiction? While it is true that addiction is not a disease like cancer, it is a health and wellness issue that people seek help for everyday. The help they receive should certainly not make the problem worse! And in our current system, based on the data, addiction treatment is clearly not helpful, and at worst, it is harmful.

*When talking about addiction treatment throughout this e-book, we are not referring to detoxification services which may be medically necessary for some substance users to safely stop using certain substances, including but not limited to alcohol and benzodiazepines. When we are referring to addiction treatment, we are discussing specifically what is commonly known as "rehab". With that said, if you are concerned about withdrawal symptoms we recommend talking with a licensed medical professional.

90%

The percentage of people that overcome an alcohol use problem whether they are treated or not when you factor in age.



**THERE IS A
SOLUTION
AND IT'S
NOT
WHAT
YOU
THINK**



**"It is
heartbreaking
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Talking to Your Child About A Drug or Alcohol Problem: An Effective Approach

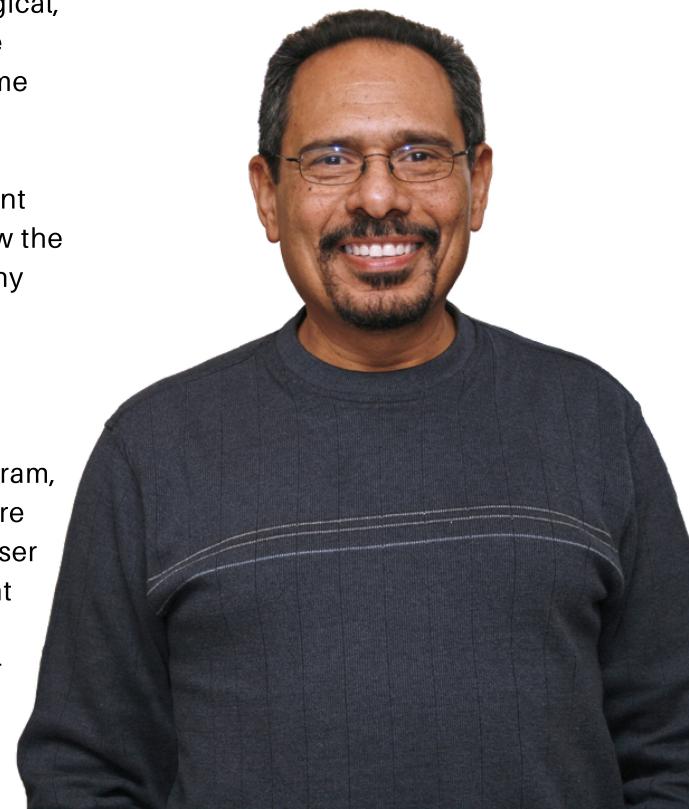
It is heartbreaking to watch someone close to you, especially your child, self destruct using drugs and alcohol. Substance users' moods may be erratic and go from one extreme to the other. They may make promises they never intend to keep and their life may be a whirlwind of chaos and crisis. There are times when you think that perhaps they are truly changing as they appear to put their life back on track, only to watch them fall time and again. Maybe they have come to you in the past and admitted there is a problem only to deny it when you bring it up later.

Seeking advice when your child is struggling with substance use is a crap shoot. Addiction professionals, family and friends may show concern, but often it feels more like criticism and harsh judgment. They may call you ***an enabler*** because you have provided money, food, shelter, cared for the substance user's children, bailed him/her out of jail, and generally continued to love and support the substance user regardless of his/her behaviors. Some addiction professionals may go so far as to tell you it's your fault that the substance user is still using. (Spoiler alert: *It's NOT your fault!*) Strangely these same professionals, who are more than willing to place the blame on you for the substance user's behaviors, claim that the substance user is diseased and does not have control over their own behavior. This concept, of course, is illogical, and does nothing to help the family or the substance user. Again, we wouldn't yell at a cancer victim for having cancer, nor would we blame the family!

Many addiction treatment providers will recommend that you confront the substance user. They may suggest you write letters outlining how the substance user's behaviors have negatively impacted your lives. Many treatment providers will suggest bringing in a professional interventionist to do a family intervention. These interventions are usually a group event, with multiple family members and an interventionist confronting the substance user. This is designed to manipulate and force the substance user to go into a treatment program, which is usually chosen by the interventionist. These interventions are confrontational in nature, and the risks of alienating the substance user and pushing him/her farther away are high. What addiction treatment providers will not tell you is for the majority of people these confrontational methods ***do not work***. And they often drive a deeper wedge between the substance user and those that love him.

97%

The percentage of people that overcome a marijuana use problem whether they are treated or not when you factor in age.



Talking to Your Child About A Drug or Alcohol Problem: An Effective Approach

99%

The percentage of people that overcome a cocaine problem whether they are treated or not when you factor in age.

Certainly if you stop and think about it, and put yourself in the position of the substance user, you can imagine how you would feel in this scenario. You would feel attacked and completely alone in the world. These people that supposedly love you are telling you what a terrible person you are, and they are doing it all at once, in front of a complete stranger who seems to be angry with you.

As a family, I'm sure your intent is not to destroy your child emotionally. Perhaps you've been told that you need to break him down before he can be built back up. Breaking people down is a very dangerous game. It's like stabbing someone and letting them bleed out until nearly dead, but then stitching them back up. Sure, their body will recover eventually, but in the meantime their immune system is weakened and they are furious with you. Breaking people down makes the process of changing that much harder for them. In reality, these kinds of tactics make heavy substance use seem much more appealing to the substance user. To them it feels like alcohol and drugs are the only *friends* they have left.

If you have done one of these interventions and it went badly, please don't beat yourself up about it. This is important; you were doing what you thought was best at the time. You were afraid for your child's life, and you were listening to well meaning, yet misinformed addiction professionals. You made a decision based on the limited information you had at the time. It's ok. The good news is all people, even heavy substance users, are incredibly resilient. You can repair the relationship and make much more informed decisions from this day forward.



SO WHAT IS THE ANSWER? HOW SHOULD YOU APPROACH YOUR LOVED ONE?

You know your loved one better than anyone, so put yourself in his/her place and think, if I had this problem, how would I want to be approached? Talk to those closest to your loved one and ask them how they would like to be approached if they had this or a similar problem.

When talking with a substance user about the problem there is a tendency to become overly dramatic by saying things like, "You're killing yourself!" or to become angry and tell the person exactly how their behavior has caused harm to you and the family. At the Freedom Model we recommend avoiding these conversations as they are not helpful and not entirely accurate. They are based primarily on your fears, opinions, perceptions and interpretations, and provide fodder for argument.

Of course some of what you're saying is true, but you are seeking a solution at this point. The truth is your loved one already knows that drinking and using drugs are risky behaviors that may result in death; but so is driving a car, crossing the street and eating fast food, so this is a poor argument at best. Your loved one already knows and has probably heard many times that you feel they are being selfish and self-centered. They know their behaviors may be hurting others, and that you are angry; this didn't change their behaviors before, and likely won't now or in the future.

96%

The percentage of people that overcome a heroin use problem whether they are treated or not when you factor in age.



An Effective Family Approach - Substance Use Is A Choice Not an Illness

"There is a tendency to stop listening to the substance user and instead resort to nagging, criticizing and making demands."

The only truly effective approach is one where you leave your own fears, personal opinions, judgments and resentments at the door, and you focus solely on finding out exactly what your loved one thinks, feels and wants for his/her life. Many times substance users feel as if no one listens to them or truly understands them, and this is usually an accurate assessment, regardless of whether or not it is their own fault. Parents often forget the reality that their child is an autonomous individual who has a right to live as he/she wants to live, **as do you**. While you don't get to direct your child's life, *you also are not obligated to fund their lifestyle or even keep him/her in your life if you see no personal benefit in doing so*. The most productive conversations come from a position of each person understanding their place and their personal limitations within the relationship.

When family and friends have dealt with a substance user for many years it is common for them to feel hurt, rejected and angry. There is a tendency to stop listening to the substance user and instead resort to nagging, criticizing and making demands. Family members may use money, food, shelter and even emotional support and love as a means to manipulate the substance user to change, but it is usually the family who ends up being manipulated by the substance user, and then they feel more hurt and angry.

It is difficult to know how to act and what to do when a substance user comes to you for help. However, when you begin to think of substance use as a choice and not an illness, you will be in a much better position not only to help your child, but to help yourself and your family as well.



We All Have Free Will, And It Can Open Doors

The one immutable truth is that **all people have free will**. They can think, feel, and do anything they want. And another crucial point to understand is that **people do not do anything without their own willingness and consent to do it**. Substance users that continue to use substances do so because **they want to** for their own personal reasons – regardless of what they may say to you, their therapist, their attorney, the courts, etc. The most effective way to help them is to first acknowledge the possibility that this might actually be the way they want to live. As soon as the opportunity presents itself ask the substance user this simple question, "Are you happy?"

If your loved one says that they are happy with their life, you may want to press them further, being cautious not to be judgmental or give away your opinion. Seek to understand what they find appealing about their current lifestyle and about their substance use. Open your mind a bit, be curious and really begin to listen to what they have to say. Allow them to ask questions of you and be willing to answer honestly and openly. This simple conversation is the beginning to building, or rebuilding, a trusting relationship. Without this trusting relationship you have little chance of being able to help at all.

If your child states they are not happy then he/she has opened the door for you. Begin by sharing with them that these kinds of problems are temporary, and that all people struggle at times. Perhaps relate some of your own experiences and struggles that you have faced and overcome. Even if you've never had a substance use problem, it is likely that you've had at least one or two personal struggles in life. Remember the primary purpose of this first conversation is to show them that they can have a good life regardless of how difficult their life seems today; and that to get to the most wonderful parts of life is worth the effort. Let them know that whatever trouble they are in is temporary, and they can fix it if they are willing to explore making a change.

If years of going in and out of treatment and 12 step programs have left them feeling completely hopeless, let them know that there is a better way, that they do not have an incurable disease and that no matter how far down they've gone, they can change their life forever. It is important that they know that **their past behaviors and struggles do not have to dictate their future**. Find out what they truly want and let them know there is help and they can build the life they truly want.

When approaching your child who you feel has a substance use problem, the rule is to **minimize emotion and maximize common sense**. Life is filled with choices and these choices all have natural consequences. People who center their lives on using drugs and alcohol reap the benefits and the problems associated with those choices, and that's fair; but that lifestyle like so many other things is a personal choice based on a personal preference, and as such they have the power to change it. Reassure them that people change their lives all the time.



What to Do When Your Child Comes to You For Help - Again

"It is important not to base your own personal happiness on their success and happiness."

When your child comes to you for help over and over again, but then, each time after you helped them, they went back to heavy substance use, you may become skeptical and suspicious; and rightfully so. As they come to you again and again, crying they need your help, you may become torn. You don't want to say no, because what if this is the time they are sincere. There is a way for you to gauge their sincerity and readiness. You will know if they are sincere by the way they accept the help that is offered to them. A person who is truly seeking to change **will accept your help on your terms, not theirs**. If they make specific demands of you and tell you what kind of help they are willing to accept from you, (such as I just need money for...) then they are likely not looking to change, but rather they are looking for you to help them to continue their current lifestyle. Then it is up to you to decide what help, if any, you are willing to give. If your goal for giving help (e.g. money) is to persuade them to change, then in that case perhaps no amount of help is appropriate. But ultimately, you must do what you feel is right. Whatever you choose to do; **it is important not to base your own personal happiness on their success and happiness**. If you do, you may never truly be in a position to help them at all. It is not their responsibility to make you happy, just like it is not your responsibility to make them happy.

You can take heart in knowing that people do change, and you know this because if you look back at your own life, you are not the same person you were 5, 10, 15 or 30 years ago. Some people change in small ways and some people transform repeatedly throughout their lives; but all people change. When your loved one's life becomes unacceptable to him/her, which it probably will at some point (and usually does at multiple times), he/she may come to you for help. You can let them know that there is a completely different approach than what they may know, and it will help them to leave that lifestyle behind them forever and have the life they truly want. The truth is people solve their substance use problems every day; and most do it on their own with no treatment, no meetings and no fanfare.



IF TREATMENT DOESN'T WORK, WHAT DOES?



When substance users arrive for help in the addiction and recovery world they are immediately told they must never touch a single dose of alcohol or other drugs for the rest of their lives. They are told if they do they will consume substances uncontrollably until they end up in jail, another rehab, or dead. While data overwhelmingly disproves this assertion, the purpose of telling it to substance users is to make their decision to abstain a "no-brainer". The results of these fraudulent, fear-mongering tactics are evident all around you. The rates of people dying from overdose are increasing exponentially at a time when treatment is more readily available than at any point in our history. And the data shows that substance users are at their greatest risk of overdose within the first few weeks and months after leaving rehab or treatment where the powerlessness idea was forced upon them. Clearly a better solution is needed.

By only giving substance users a binary set of options - abstinence or heavy use - and using the lie of "loss of control" to scare people into abstinence, the real issue of why the individual is using is never addressed. The fact is, people continue to use because they have a personal preference for being high or drunk. They developed this preference for their own reasons. All substance users, regardless of their level of use, continue to use because they believe they are getting benefits from using substances. And they believe they can be happier using at that particular level than by reducing it or abstaining from use altogether.

Instead of tackling their preference head-on, the current treatment model uses fear and panic to rule the decision making process. Think of it this way, if a mugger catches you in an alleyway, pulls out a gun, and gives you the ultimatum "your money or your life," is it really a positive decision when you hand over your wallet? Of course not. It's a coerced decision, one that you make begrudgingly, and one that you regret and resent having to make. The ultimatum, "abstinence or your life" is much the same. It is a coerced decision made out of fear, panic and other negative emotions. It is one where the pursuit of happiness is made irrelevant.

The difference between the addiction counselor and the mugger is this: the mugger is forcing a one-time decision, but the treatment professionals are trying to force a lifelong decision. It's no wonder this tactic has such high failure rates. People end up miserable while abstaining, feeling deprived of joy, feeling coerced into behaving in a way they don't want to behave, until they eventually go back to the old pattern of heavy substance use, and in many cases they begin using at heavier rates than prior to treatment. After all, in addition to being taught that they will lose control, they are also taught their disease is progressive and because of this their usage will increase regardless of their length of time abstinent.

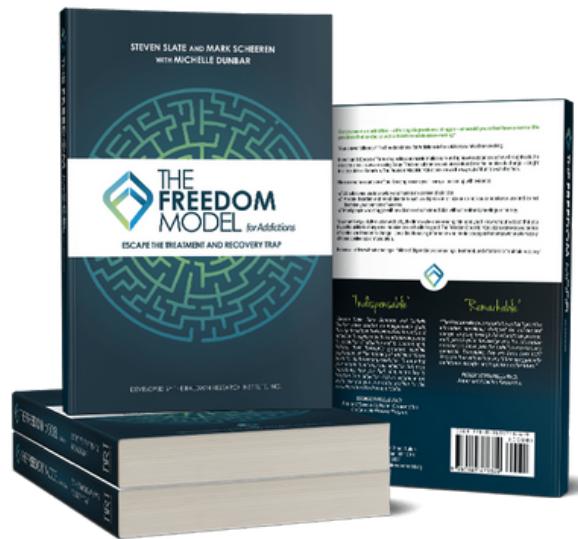
Here's a Better Solution - The Freedom Model

In *The Freedom Model* your loved one will be presented with all of their actual options: 1. continued heavy use, 2. reduced/adjusted substance use (aka moderation), 3. abstinence. We understand that informing your loved one of these options may instantly strike fear and dread in your heart as the hope of most parents is that their child will become and stay abstinent forever. The abstinence goal makes perfect sense to you as you have likely watched your child struggle with substance use for years. He may have lost jobs, relationships, custody of children; she may have developed health issues and had one or more trips to the hospital for an overdose, a fall, accident or illness related to substance use.

[Please note: Discussions of abstinence and moderation can be confusing to those who haven't undergone treatment. In the addiction treatment and recovery subculture, *abstinence is defined as abstinence from all intoxicants*. This means that even if a heroin user quits heroin completely, he will not be considered abstinent if he drinks alcohol occasionally. He will be considered to be attempting moderation. So when we say we will present the option of moderation, we do not mean that we will simply recommend using less of the substance the individual is having problems with. We mean moderation in a much wider sense than that, which can include abstaining from the problem substance while using other substances moderately. "Moderation" can be constructed in many other ways too, which is why we choose to primarily use terms such as reduced/adjusted substance use in our courses rather than moderation.]

You may be thinking, but my child is a "real alcoholic" who drinks continuously and has pancreatitis and liver damage. You may be concerned that your daughter has already overdosed twice and you are terrified she won't be so lucky the next time. You may be thinking that your son has been arrested for stealing to support his habit and is facing prison time if he messes up again, and you're wondering how it can possibly be helpful to tell people with severe substance use problems that they can moderate. The answer is quite simple: we must tell them because it's the truth. The Freedom Model is an educational approach, which prepares people to make choices. The best tools for making better choices are the facts – the truth.

The epidemiological survey data shows that many people who once qualified as addicted are now moderate drinkers/users. As a matter of fact, approximately half of former "alcoholics" reduce their alcohol consumption to non-problematic levels. When looking at those with alcohol or drug problems, approximately half of them were abstinent of all substances, while the other half continued to use some substances moderately. This is a massive, life changing, and in many cases, *life saving* improvement for these people.



Here's a Better Solution - The Freedom Model



Pure abstinence may give families greater peace of mind, but it is a fact that moderate substance use is an equally likely outcome for people who've had drug and/or alcohol problems. If we tried to hide this truth, that would be an attempt to by-pass the critical step of your child honestly evaluating his/her preference for heavy substance use and examining the real potential for greater happiness in those other two options; i.e. reduced use and abstinence. If they don't re-evaluate, then their deeply ingrained preferences will remain unchanged or they will blindly follow an option they don't really believe or want. In the long run, they end up returning to heavy use because the change wasn't there own. They may repress their desires and abstain for a while due to fear, but their true preferences will eventually resurface.

Remember, in treatment programs and the recovery subculture, substance users are told there are only two options: complete abstinence or uncontrollable usage that leads to jails, institutions, or death. This is a complete lie, and sadly becomes a self-fulfilling prophecy for far too many people as seen in the increased rates of binge usage, return to heavy usage, and overdoses post-treatment. In treatment, substance users are told this while also being told that relapse is part of recovery. This is a very important point: in treatment and our current recovery subculture (including 12 step meetings like AA & NA) substance users are told that they have a progressive, incurable brain disease that renders them forever **powerless over substances**. At the same time they are also told they must **choose** to be completely abstinent from all substances.

This requires them to make a daily choice to not use substances while at the same time having to admit and accept that they are **powerless** over substances, and then they are told that relapse (using substances) *is part of lifelong recovery and is to be expected*. Think about this circular trap! So they are powerless but must make a daily choice to abstain? And when they relapse, which is evitable, they will be out of control. Because this illogical nonsense is so ingrained in our culture, you may need to read through it a few times to fully recognize the inherent problems within it. This erroneous treatment protocol is clearly a recipe for the crisis we are seeing today.

There is a better way...

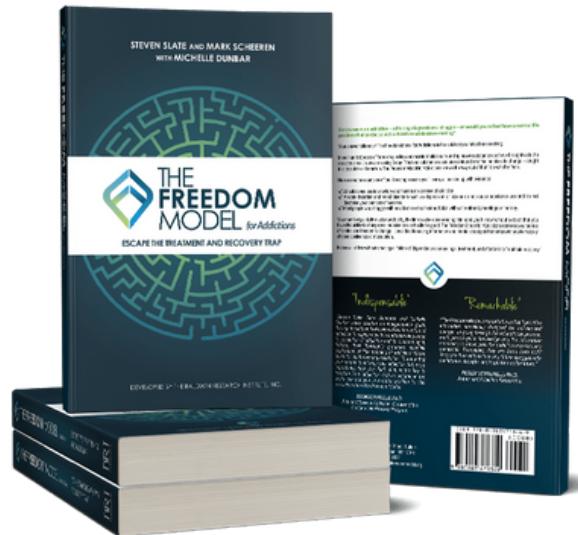
Abstinence Is A Great Option Too

With all the talk about moderation in this e-book, please don't get the wrong idea. While moderation is possible for anyone, so is complete abstinence. And, in fact, approximately half of those who get over a substance use problem are completely abstinent from all substances. While fear may be the initial motivator for their abstinence choice in the beginning, they eventually come to see abstinence as the happier option for them. And this is exactly how they maintain that lifestyle change indefinitely.

In other words, their personal preference for intoxication changes. They no longer see getting high or drunk as the happier option. They come to believe they can be happier without substances, than they can be with them. And this change in preference accounts for those that maintain long term abstinence regardless of whether they go to treatment, support group meetings or not.

Perhaps your child did become abstinent for a time. They may have gone to treatment and followed up with support group meetings. They may have fully immersed themselves in the recovery culture, made close friends and perhaps even found a mate. If they put together several months or years of abstinence, then went back to using heavily, it is likely their time abstinent was due to a combination of fear of the consequences of using and seeing abstinence as the happier option at least temporarily. Unfortunately, staying in the recovery culture kept their addiction alive and well in their mind. Their preference never fully changed, but instead still lingered just below the surface. Believing they could be happier abstinent was tinged with fear and doubt that comes with being "in recovery".

In The Freedom Model, the abstinence choice comes from a much different place. It is made based on facts. It is made based on a full assessment of what substances can and cannot do for us. People identify what benefits they are trying to get from substances, figure out if they are actually getting what they want and then decide if the few benefits they are actually getting are worth it or not. They choose abstinence because they open their mind to the possibility they can be happier choosing abstinence; not just in the long run by avoiding negative consequences, but immediately as well. A great many people who were once heavy substance users make this decision, and they make it happily and easily.



It's About Being Happier!

"If you think back on your own life, I'm certain you can think of people you knew, or perhaps it was you, who were heavy, daily substance users but then simply made a change."



By providing substance users factual information, we're opening the door to them being able to make a fully informed decision. What treatment does not tell people and what many people fail to understand is that substance users can be happier in abstinence. They can be happier in some reduction in usage or a switch to safer substances. In the Freedom Model this is the primary focus, to have our readers and guests explore the possibility that they can find happiness in these options. For the past 30 years, our readers, students and retreat guests have learned exactly how people successfully change their substance use habits and maintain that change indefinitely.

If you think back on your own life, I'm certain you can think of people you knew, or perhaps it was you, who were heavy, daily substance users but then simply made a change. Those self-changers didn't go to meetings, counseling or treatment, they just stopped their heavy, problematic substance use. Those people are among the vast majority. They change because they change their priorities, preferences and desires. They come to believe that they can be happier by reducing their substance use or stopping it altogether. And this is exactly how all people stop their addictions, whether they go to treatment or not. They come to believe they can be happier with less of the substance or with none at all. Sadly, in treatment, this fundamental requirement for making a change is not addressed at all, and thus any changes that people make are more often than not very short-lived.

Those who come to see a change as genuinely happier and more satisfying than their previous problematic style of substance use change rapidly and maintain the change happily. This is most directly achieved by re-assessing the relative benefits of various levels of substance use (including abstinence.) Happiness is front and center in the decision-making process.

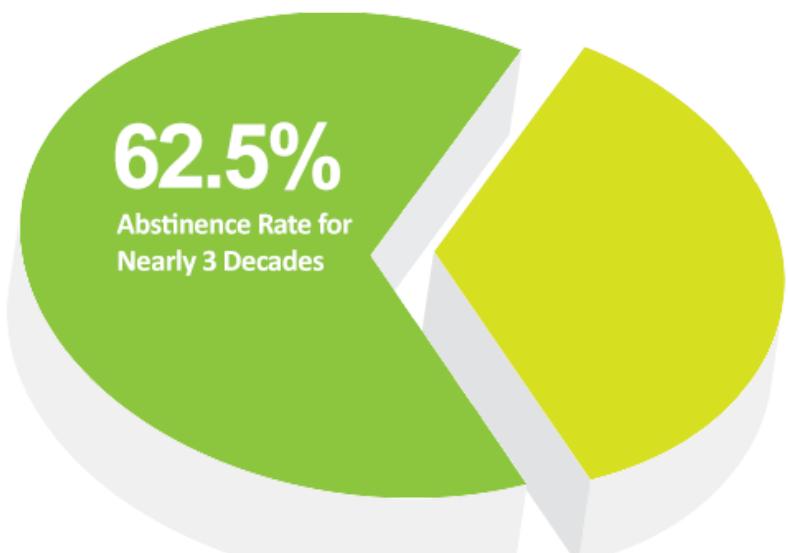
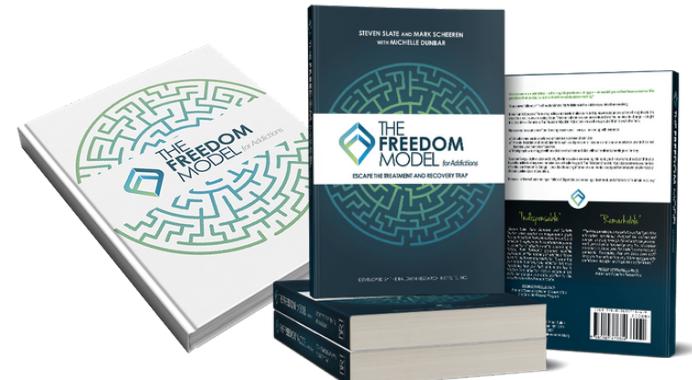
This is the number one question asked of our consultants and staff when taking calls from family members just like you, so it is appropriate to address it in this e-book. While this question may mean different things to different people, for most the question means, "Will The Freedom Model **make** and keep my loved one sober and drug free forever?" We understand that is typically the goal for parents when they send their child into a treatment program. The simple answer to that question is no, there is no program, no treatment, no medication, no meeting nor is there any counselor, sponsor or person outside of the substance user with the power to **make** your loved one choose not to drink or use drugs, not while they are in a program or treatment and certainly not once they've completed it.

As a parent, you've likely spent many hours trying to persuade your child to reduce or stop their substance use entirely. You've probably told him that you are worried about his health and safety; you've told her how her behavior when drunk or high has negatively affected you and you've probably had more than one argument or altercation with him about his substance use. Your child already knows you don't like it; he knows his substance use upsets you, and he knows that it's dangerous, yet none of this has resulted in him making a change.

Perhaps your child has already been to one or more treatment programs, multiple 12 step group meetings, counseling sessions, or therapists and he is still using substances heavily. For many substance users their substance use escalates after they go to treatment. Additionally their binge usage becomes more frequent and their behavior in other areas may become more erratic. This is all due to the primary goal of treatment, counseling and 12 step meetings which is to convince substance users they are sick and powerless, and thus must abstain from all substance use based on lies and fear, rather than through having them honestly assess what they want.

With all this said, The Freedom Model will provide the most researched path out of addiction in the world. Does it work? In the sense that your loved one is provided a path directly out of their addiction, the answer is absolutely! Then is it up to them to decide which path they desire. 62.5% abstain, more than 15% moderate and some will return to heavy use. But all know the truth that they can move on when they are ready.

WILL THE FREEDOM MODEL FOR ADDICTIONS WORK FOR MY LOVED ONE?



FINALLY - AN ANSWER!

The Freedom Model first and foremost seeks to debunk the damaging myths that heavy substance users have a disease and are therefore powerless to stop or adjust their substance use. This false theory is a distraction that can prolong or completely stunt the natural process of change. It leads people to passively wait for others to cure them. That's a fantasy that can never come true because their substance use isn't due to a disease, but rather it's freely chosen according to personal preference. Once the disease theory is fully debunked, the Freedom Model text gets to the heart of the matter; what does this person like about using substances? What are the benefits they perceive they are getting from it? Why do they prefer it? You see, *it is only when the substance user begins to think critically about what it is he/she likes about substance use that they can even begin to ascertain whether they can and will be happier without it.*

So, again, to answer your question, will *The Freedom Model for Addictions* work for my loved one; please know that it will provide your loved one with factual information so he/she can make an informed decision moving forward while shedding the myths that have kept them stuck. It will show your child that he is capable of making a lasting lifestyle change and can do so at any point in time. It will provide him with the truth about addiction, substance use and recovery, that he is not diseased and can make a change and leave those difficulties behind him forever. And it will show him exactly why he may feel like he's powerless and out of control, and why that is an illusion and not reality.



FINALLY - AN ANSWER!

Finally *The Freedom Model* will help your child to identify why she uses substances, so she can address the reason(s) directly and make a decision on how she wants to proceed in her life based on what will make her happier. People make lasting changes in life based on moving toward happiness, not running from fear. It is for those reasons that *The Freedom Model* has significantly higher rates of long term success than treatment, and why your loved one will move forward in life armed with the information she needs to make a lasting lifestyle change.

It is our hope at Baldwin Research Institute and *The Freedom Model*, that there will be a paradigm shift in this country away from the erroneous disease model of addiction, fear mongering, ineffective treatment methods and the unholy marriage of treating heavy substance use as a disease and a crime simultaneously. Our hope is that the shift will be toward non-judgmental, truth-based, educational methods that are far more compassionate and effective. Only then will we see rates of heavy substance use, dangerous binge usage, and tragic overdose deaths decrease.

"People make lasting changes in life based on moving toward happiness, not running from fear."



WE ARE HERE TO HELP YOU

We hope you have found this e-book helpful and it has provided you hope for a better future. Please know we are available to talk with you 7 days a week at 888-424-2626. Our primary goal is to provide you with factual information so you can make an informed decision on what is best for you and your loved one. We will never judge you or your child. You and your child will always be treated with kindness and respect by everyone here at The Freedom Model.

We offer various options for you and your child to learn The Freedom Model. Our books are available at www.TheFreedomModel.org as well as most online retailers such as Amazon and Barnes and Noble. You can learn about our various options for private help at www.TheFreedomModel.org. In addition to our books, we offer informational videos, in-person informational sessions and workshops at various locations around the country, at-home private instruction, and we have a wonderful, private, residential retreat where your loved one can be immersed in The Freedom Model solution. You can also find The Freedom Model on social media: [Facebook](#), [Twitter](#), [Instagram](#) and more.

There is a solution for you and your child. There is reason to be hopeful. Your child can move past addiction permanently, and you can both find peace and happiness.



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