

# How to Support Someone in Recovery from Addiction

- **Don't judge.** Many people in recovery feel judged by their family and friends. Accept them for who they are and refrain from criticism and negativity.
- **Be patient.** Recovery can be a long, complicated process. People often have setbacks. It's important for them to know that you support them when things get tough.
- **Reinforce that recovery is possible.** Like other chronic diseases, people can manage addictions successfully.
- **Actively listen.** Take notice of your loved one's victories and struggles.
- **Encourage healthy habits.** Cooking, exercising and playing games are all positive, substance-free activities you can do with a person in recovery.
- **Suggest a support group.** Support groups allow people in recovery to interact with and receive encouragement from others who struggle with addiction.
- **Continue to offer encouragement and support.** Emphasize that it takes a lot of courage to get help for an addiction.
- **Take care of yourself.** Take time to participate in activities you enjoy. Spend time with others, or consider joining a support group for friends and families of people with addictions.