



**The Family Recovery Foundation  
FIX YOUR FAMILY  
MODULE 12**

**Just for Today: A Family's Guide to Recovery**

At the end of the day, it's important to remember that the only thing we can truly control is our own recovery. As much as we may want to manage or influence the recovery process of our loved ones, their choices, and their mental health journey, we must recognize that our focus must remain on ourselves. By practicing awareness, embracing consciousness, and nurturing ourselves through self-love and self-care, we become stronger. This self-care not only fosters our own healing but also allows us to engage in relationships in a healthier, more supportive way. Prioritizing your well-being helps create a ripple effect in the recovery process for both you and your loved ones.

**1. Embracing the Present**

Al-Anon emphasizes focusing on the present moment, believing that families cannot control the past or future. Living "Just for Today" relieves the pressure of worrying about long-term outcomes or dwelling on past mistakes. This mindset helps families focus on daily tasks and victories.

- Practice mindfulness by using techniques like deep breathing or guided meditations to stay focused on the present moment. Jon Kabat-Zinn's work on mindfulness (*Wherever You Go, There You Are*, 1994) supports this practice, showing how it helps manage stress and stay grounded.
- Use a daily gratitude journal to highlight small successes or moments of peace.
- Incorporate the Al-Anon slogan "One Day at a Time" into family conversations to maintain focus on the present.

**2. Building Resilience**

Resilience is built by using practical tools that help families cope with setbacks and challenges in recovery. Al-Anon encourages families to focus on their own growth and healing, regardless of the addict's journey. This empowers them to handle difficult situations while maintaining emotional balance.

- Set clear boundaries to protect emotional energy and avoid burnout. Dr. Brené Brown, in her book *Rising Strong*(2015), emphasizes that resilience is fostered by setting boundaries and allowing vulnerability without emotional depletion.
- Practice reflective journaling to recognize personal growth and resilience.
- Attend support groups like Al-Anon to build resilience through shared experiences and collective wisdom.

### **3. Self-Care**

Al-Anon places a strong emphasis on self-care, reminding family members that they cannot effectively support others if they are emotionally depleted. Self-care is essential to maintaining well-being and avoiding burnout.

- Schedule daily self-care routines such as exercise, meditation, or creative outlets to recharge emotionally. Pia Mellody’s work on codependency (*Facing Codependence*, 1989) stresses the importance of self-care to break free from enabling behaviors and emotional exhaustion.
- Prioritize your own mental and emotional needs without guilt.
- Set aside time for hobbies or activities that bring joy and relaxation.

### **4. Be Prepared for Relapse**

Al-Anon’s teachings encourage acceptance of things we cannot control, including relapse. Relapse is a part of recovery for many, and families need to be prepared without viewing it as failure.

- Develop a relapse action plan that outlines how to respond calmly and assertively if relapse occurs. G. Alan Marlatt’s research on relapse prevention (*Relapse Prevention: Maintenance Strategies in the Treatment of Addictive Behaviors*, 2005) emphasizes the need for pre-planned strategies to manage relapse.
- Set boundaries for emotional and physical safety while offering support.
- Avoid enabling behaviors by allowing the recovering individual to take responsibility for their choices.

### **5. Trust the Process**

Al-Anon teaches families to trust the recovery process without trying to control it. Recovery is an ongoing journey, and both the individual and family members must remain patient with themselves and their loved ones.

- Practice detachment with love—allow your loved one to grow and make mistakes without trying to manage or control their journey. Al-Anon’s principle of detachment, found in *One Day at a Time in Al-Anon* (2018), encourages family members to prioritize their own emotional well-being while supporting their loved one’s journey.
- Repeat the mantra “progress, not perfection” to remind yourself that recovery takes time.

- Attend Al-Anon or similar meetings to learn how others handle uncertainty in the recovery process.

## 6. Manage Your Emotions

Al-Anon highlights the importance of emotional regulation for families affected by addiction. By learning how to manage their own emotions, family members can respond more calmly and effectively during stressful moments.

- Practice mindfulness techniques like deep breathing, progressive muscle relaxation, or guided visualization when feeling overwhelmed. Dr. Kristin Neff's work on self-compassion (*Self-Compassion: The Proven Power of Being Kind to Yourself*, 2011) emphasizes the role of mindfulness and emotional regulation in self-care.
- Use journaling as a tool to process and organize your emotions.
- Create a support network of trusted friends, therapists, or Al-Anon members to help navigate emotional challenges.

## Closing Reflection

Reflect on the journey through these twelve modules and focus on the idea of "Just for Today." Families are encouraged to continue practicing the tools they've learned, focusing on one day at a time and finding strength in the present moment.

## References:

- Al-Anon Family Groups. (2018). *One Day at a Time in Al-Anon*. Al-Anon Family Group Headquarters.
- Brown, B. (2015). *Rising Strong: The Reckoning, The Rumble, The Revolution*. Spiegel & Grau.
- Kabat-Zinn, J. (1994). *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. Hyperion.
- Marlatt, G. A., & Witkiewitz, K. (2005). *Relapse Prevention: Maintenance Strategies in the Treatment of Addictive Behaviors*. Guilford Press.
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- Neff, K. (2011). *Self-Compassion: The Proven Power of Being Kind to Yourself*. HarperCollins.