Family Guidelines

1. Go slow - things will get better in their own time.
2. Keep it cool - tone down disagreements and enthusiasm.
3. Give each other space - time out is important for everyone.
4. Set limits - few good rules keep things clear.
5. Ignore what you cannot change - let some things slide, but DON’T ignore violence.
6. Keep it simple - say what you have to say in clear, calm, positive terms.
7. Follow your recovery plan – attend appointments, take only medications that are prescribed and take them only as prescribed.
8. Carry on business as usual - re-establish family routines as quickly as possible and reconnect with family and friends.
9. No street drugs or alcohol - they make symptoms worse.
10. Pick up on early signs - observe changes then consult with your clinician.
11. Solve problems step by step – make changes gradually …work on one thing at a time.
12. Lower expectations temporarily - don’t make unrealistic comparisons, e.g., compare this month to last month rather than this year to last year.