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. **Reduce substance use and misuse activities and behaviors** - 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.