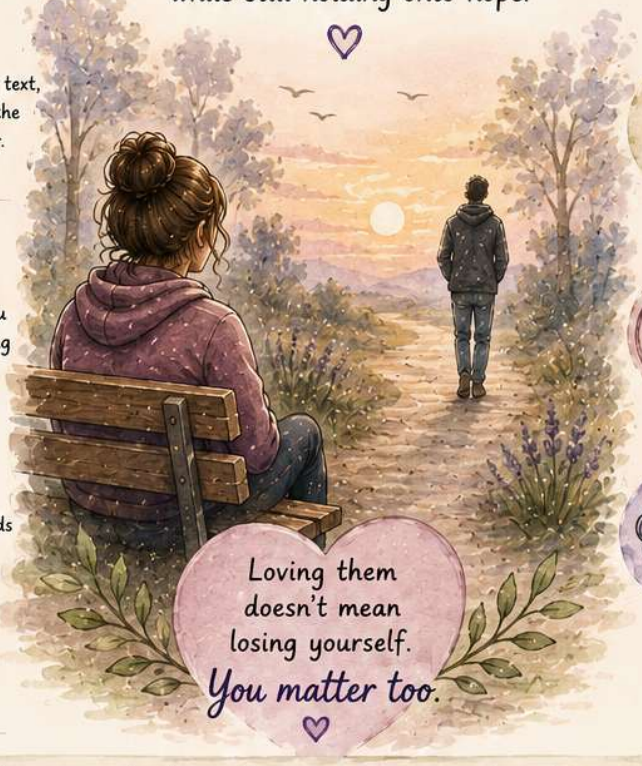
UNITY PATH
FAMILY SUPPORT
LETTING GO • SELF-CARE • RENEWAL • HOPE
Supporting loved ones impacted by addiction.

Loving Someone Through Addiction

Grief that no one talks about... the slow pain of watching someone disappear.

It's not just their struggle.
It becomes our pain too.

You watch them change.
It can feel like you're losing pieces of the person you once knew, while still holding onto hope.



Heartbreak
The dreams you had for them start to fade.

Worry
Every call, every text, every knock on the door brings fear.

Sadness
You may grieve the changes you see while holding onto hope.

Loneliness
It can feel like nobody understands the weight you carry.

Confusion
It can feel like you're watching someone you love change before your eyes.

Exhaustion
The constant ups and downs drain your mind and body.

Guilt
You blame yourself for not being able to fix what's broken.

Feeling Stuck
You try everything, yet feel like nothing is enough.

Loving them doesn't mean losing yourself.
You matter too.

You are not alone. You are not powerless.

Set boundaries
Protect your well-being.

Seek support
You don't have to walk this journey alone.

Practice self-care
Take time to fill your own cup.

Hold on to hope
Change is possible. Hope can hold you up.

Remember
Your healing matters too. You deserve it.

Your peace matters.
Your story matters.
You matter.

Content Note
This resource discusses grief, loss, and the emotional impact of loving someone affected by addiction. Please take care of yourself as you read, and pause if you need to.

Please Remember
Everyone's journey is unique. These experiences may resonate with some families but not all. Wherever you are on your journey, know that support and hope are possible.



Be gentle with yourself. One day, one breath, one step at a time.

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