UNITY PATH
FAMILY SUPPORT

# 10 Myths
## About Loving Someone with Addiction

*The truth can set you free. You are not alone.*

| | MYTH: | TRUTH: |
|---|---|---|
| 1 | If they loved you enough, they would stop. | Addiction changes how people think and behave. Love alone is often not enough to overcome it. |
| 2 | You just have to keep helping. | Helping can become enabling when it shields someone from the natural consequences of their choices. |
| 3 | Don't give up on them. | You don't have to give up on someone to start protecting your own well-being. |
| 4 | If you were more supportive, they'd recover. | Recovery is a personal decision. You can encourage it, but you cannot choose it for someone else. |
| 5 | Family is supposed to stick together no matter what. | Loving someone doesn't mean accepting abuse, manipulation, or unsafe behaviour. |
| 6 | You should answer every phone call. | It's okay to let a call go to voicemail if answering would compromise your own safety or peace. |
| 7 | You can't say no—they're sick. | You can be compassionate while still having healthy boundaries. |
| 8 | Recovery should happen because they have children, parents, or people who love them. | Many people have strong reasons to recover, but lasting recovery usually happens when the person becomes ready to make that change. |
| 9 | If you stop rescuing them, you don't care. | Sometimes the most loving thing you can do is stop trying to control what you cannot change. |
| 10 | You have to carry this alone. | Families deserve support too. Seeking help isn't a sign of weakness—it's part of healing. |

*Remember:*

**You didn't cause the addiction. You can't control it. You can't cure it.**

*But you can care for yourself while continuing to care about the person you love.*

You are not alone. You matter. Your peace matters. | www.unitypathfamilysupport.ca

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