

# INTERVENTION WEBINAR

How Do I Let Go Of Trying to  
Control an Addict, Alcoholic, or a  
Loved One with Mental  
Disorder(s)?

 Starting Soon



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Mike has an extensive history of helping families treat addiction. He is an authority in addiction treatment and remains dedicated to providing hands-on expertise at our clinic.

# How Do I Let Go Of Trying to Control an Addict, Alcoholic, or a Loved One with Mental Disorder(s)?

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# The Illusion of Control: Why We Grasp for the Reins

- **Definition:** Expecting success when the objective probability is low.
  - **The Root Cause:** Mistaking familiarity for comfort and a solution.
  - **The Reality:** We try to steer an uncontrollable situation because it feels safer than the unknown.
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# The Family's Gamble: Focusing on Small Wins

- **The Shared Mindset:** Families often mirror the mindset of a gambling addict.
  - **The Trap:** Focusing on small blips of success (e.g., one good day) while ignoring the totality of the destruction.
  - **The Blind Spot:** Addressing the symptoms rather than the behavioral causes.
  - **The Truth:** You cannot control the odds without professional guidance.
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# The False Promises: Why "One More Incident" Won't Fix It

- **The Family's Belief:** "We are one job, one arrest, or one speech away from fixing this."
  - **The Addict's Belief:** "I am one more day or one more drink away from stopping."
  - **The Danger:** These beliefs are psychological justifications to continue the current, destructive patterns.
  - **The Result:** Both sides underestimate the addiction and overestimate their ability to fix it alone.
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# Why We Default to Control: The Brain's Comfort Zone

- **The Human Default:** We inherently resist change because the unfamiliar is uncomfortable.
  - **The Reaction to Chaos:** When addiction, alcoholism, or mental disorder hits, the brain pulls us back to familiar routines to create an illusion of safety.
  - **The Maladaptive State:** We try to create control in a flooded, chaotic environment (like hoarding toilet paper during a crisis).
  - **The Consequence:** The familiar chaos feels safer than the unknown path of an intervention.
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# Why Change Feels Like a Threat



- **The Perception:** Interventions are often seen as a threat to the family's familiar system.
  - **The Brain's Defense:** The brain fights to protect its comfort, control, and sense of solution.
  - **The Reaction:** Families may fight professionals or suggest coercive measures (like commitment) to maintain control.
  - **The Reality:** Resistance is a psychological defense mechanism, not a rejection of health.
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# The Vicious Cycle of Codependency and Enabling



- **The Origin:** Enabling often starts as an instinct to help.
  - **The Enabler's Benefit:** It provides a sense of purpose, feeling needed, and the illusion of keeping the loved one alive.
  - **The Codependent's Illusion:** "If they feel better, I feel better."
  - **The Outcome:** These behaviors benefit the enabler's need for control but completely disable the loved one.
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# The Unbreakable Rule for Change

- **Consequences > Benefits**
  - **The Enabling Effect:** Enabling absorbs the fallout, preventing the loved one from feeling the consequences.
  - **The Result:** If the benefits of the behavior outweigh the consequences, the behavior will not change.
  - **The Solution:** Interventions work because they re-establish this critical balance.
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# The Family Playbook: Roles Born from Control



- **The System Adapts:** The family adopts roles to balance the dysfunction and attract the enabler's attention.
    - **Hero:** Overachieves for attention.
    - **Martyr:** Becomes the victim of circumstances.
    - **Scapegoat:** Acts out to mimic the addict.
    - **Lost Child:** Isolates to be found.
  - These roles become entrenched, and the system will fight to maintain them over returning to health.
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# The Three C's: Cure, Cause, Control



- **The Truth:** You didn't cause it, you can't cure it, and you can't control them.
  - **The Asterisk:** You can control your own actions and reactions.
  - **The Shift:** Providing comfort empowers their illusion of control over you.
  - **The Power:** Changing your behavior holds them accountable and increases their need to seek help.
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# Letting Go to Empower Change, Not Give Up



- **The Misconception:** Letting go is not abandonment.
  - **The Reality:** It is surrendering the illusion that you can manage their condition.
  - **The Focus:** Shift focus to what you can control – your boundaries and your well-being.
  - **The Outcome:** Allowing natural consequences to occur is the most powerful motivator for change.
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# Your Path Forward: The S.A.F.E.® Approach



- **Surrender:** Releasing the illusion of control.
  - **Acceptance:** Acknowledging the reality of the situation.
  - **Freedom:** Breaking free from the impact of the their behaviors.
  - **Empowerment:** Reclaiming your life and fostering an environment for recovery.
  - The family finds healing and independence, regardless of the loved one's choices.
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# Taking the First Steps



- Understanding the "why" behind your need for control.
  - Seeking professional guidance.
  - **The Interventionist's Role:** Providing an unbiased perspective, expert knowledge, and a structured process.
  - **The Result:** Establishing healthy boundaries and creating a clear path toward genuine recovery.
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# Stop Accepting Excuses and Start Getting Help

**Questions? The Floor Is Yours!**

Prefer to talk in private? Get in touch below:

**Call Us:** 1 (888) 291-8514

**Chat with us:** [family-intervention.com](https://family-intervention.com)

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