

# Stages of Family Recovery

## F A C I L I T A T O R ' S   G U I D E

---

### ■ **To the Facilitator**

Before showing either the DVD or the video, take time to review this guide, which provides background information on the topic of families in recovery, a suggested session outline, and questions for group discussion.

Both the *Stages of Family Recovery* video and DVD contain a Spanish version, which can be accessed on the DVD's main menu and by fast-forwarding through the English presentation on the video. The discussion questions in this guide contain an English version as well as one for Spanish-speaking participants.

---

**HAZELDEN®**

## Purpose of This Video

*Stages of Family Recovery* is a thirty-minute educational video about what happens when someone in a family stops drinking or using. The video defines a normal process of recovery for addicted families. Yet “normal” is full of surprises. Recovery almost always gets worse before it gets better. Families in this video tell what it was like, what happened, and what it is like now. These family stories illustrate the hard work and the huge benefits of family recovery.

## How Can This Video Be Used?

This video, along with a thirty-minute discussion of questions (included in this guide), provides a dramatic and effective educational hour. The facilitator can choose to discuss the provided questions in a group session or photocopy the questions and have clients answer them on their own. The facilitator may need to provide pens or pencils. This video can be used in a variety of settings, including the following:

- individual and group sessions
- inpatient and outpatient services
- family counseling
- staff in-services

## Learning Objectives for the Video

After viewing this video, clients will be able to

- define family addiction and family recovery
- identify the stages of family recovery
- identify the major tasks of growth for each person in the family
- understand that the process of recovery is paradoxical and counterintuitive and that having problems is normal
- recognize that actively addicted families are organized around defenses while recovering families are organized by recovery principles
- recognize how the family needs to change its priority from family systems preservation to individual growth

# ***Stages of Family Recovery***

## **Suggested Session Outline**

---

Here is a suggested outline for a sixty-minute client session, which includes the viewing of the *Stages of Family Recovery* video. Please adapt this outline to fit your group's needs and time frame.

### **Materials Needed**

- *Stages of Family Recovery* video/DVD
- VCR/DVD player and monitor
- pens or pencils
- photocopies of discussion questions

### **Preparation Needed**

- Preview the video and outline some of the key messages to review with clients.
- Review this guide and its discussion questions, thinking about possible responses.
- If necessary, photocopy the discussion questions for each client.

### **Getting Started (5 minutes)**

Before viewing the video, ask clients:

**What do you think it means to be a person with an addiction?  
or What is it like to have a person with an addiction as a loved one  
or family member?**

Allow several clients to respond.

Then ask clients:

**Why do you think it is important for a family to talk about addiction  
and recovery?**

Allow several clients to respond.

Explain:

**Today, we're going to discuss the issue of addiction in families. We're going to start by watching a video. As you watch the video, look for:**

- **the definition of family addiction and recovery**
- **the stages of family recovery**
- **how each family member can grow and recover**
- **what is considered "normal" in an addicted family**
- **how healthy families promote individual health**
- **denial and other defenses in addiction and recovery and how to recognize them**

### **Playing the Video (25 minutes)**

Play the video. Make sure every client can easily see and hear the video.

### **Discussing the Video (30 minutes)**

Ask your clients the discussion questions found on the accompanying page. You may not have time for all ten questions. Select the questions that seem most suited for the clients. Have participants respond verbally in the group or have them write out the answers on their own. Many of the questions will also apply to younger family members. However, here are some additional questions particularly for younger children:

- What was active addiction like for you?
- What has recovery been like for you?
- What do kids and teens need to know about addiction and recovery?
- Are you glad your family is in recovery?
- What's good and what's hard about recovery?

### **Extending the Learning (Optional)**

Here are some additional ideas, if you would like to spend more time on this topic with your clients:

#### **Activity 1:**

Invite a family to talk with the group about its experiences of recovery. In sharing the family story, have the family members tell “what it was like, what happened, and what it is like now.”

#### **Activity 2:**

Invite your clients to draw a picture or write a story, poem, or essay about their family when there was active use. Or they may portray their family's recovery—what is good and healthy, what has changed, and what is hard. Have them discuss their work.

#### **Activity 3:**

Ask clients to list five problems or memories of active addiction in their families and explain how these problems or memories have or have not changed.

#### **Activity 4:**

Ask clients to list what is good for them as individuals and what is good for the family in recovery.

## Stages of Family Recovery Discussion Questions

1. Describe how addiction affects families and how it affected your family.

---

---

---

---

---

2. Did you have any misconceptions about who was “sick” or what was affecting your family? Please explain.

---

---

---

---

---

3. Describe what happened when your family hit bottom and began its turn towards abstinence and recovery.

---

---

---

---

---

---

4. How did you finally understand you had to begin focusing on your own behavior and not on the behavior of the person with the addiction?

---

---

---

---

---

5. How did you think about and take care of your children during the crisis of hitting bottom?

---

---

---

---

---

---

6. In your own words, describe deception and denial during active family addiction and recovery.

---

---

---

---

---

---



9. In your own words, describe what is the new “normal” of healthy recovery.

---

---

---

---

---

---

---

10. In recovery, what does it mean to have a healthy balance between individuals and the family as a whole?

---

---

---

---

---

---

---



## Preguntas para la discusión de las etapas de recuperación de la familia

---

1. Describa cómo la drogadicción afecta a las familias y cómo afectó a su familia.

---

---

---

---

---

2. ¿Tuvo usted ideas equivocadas sobre quién estaba “enfermo” o lo qué estaba afectando a su familia? Explique por favor.

---

---

---

---

---

3. Describa lo que ocurrió cuando su familia llegó “a las últimas” y comenzó su cambio hacia la abstinencia y la recuperación.

---

---

---

---

---

---

4. ¿Cómo entendió finalmente que tenía que enfocarse en su propia conducta y no en la conducta de la persona drogadicta?

---

---

---

---

---

5. ¿Cómo pensó en sus hijos y los cuidó durante la crisis de llegar “a las últimas”?

---

---

---

---

---

---

6. Describa lo mejor posible la decepción y la negación durante la adicción y la recuperación activa en la familia.

---

---

---

---

---

---



9. Describa lo mejor posible qué es el nuevo estado “normal” en una recuperación sana.

---

---

---

---

---

---

---

10. En recuperación, ¿qué significa tener un equilibrio sano entre individuos y en la familia en general?

---

---

---

---

---

---

---