



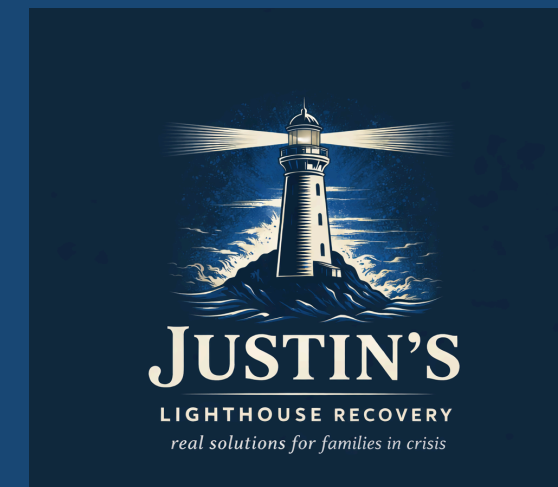
Written By; Dr. Milles K. Lewis

# FAMILIES OF ADDICTION

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What they get wrong  
& how to get It right

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# INTRODUCTION

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This book helps Families understand addiction, what's going on with the Addict, and how to move your Addict towards  
**RECOVERY**

My name is Miles K Lewis. 20 years ago, my wife and I founded an addiction-recovery program named Justin's Lighthouse Recovery.

**FOR THE FIRST TIME** we are making our wealth of knowledge, experience, and resources available through on-line education. We have helped thousands of families-of-addiction from across the country, just like yours, to achieve lasting recovery (even when the addict has been to multiple treatment programs).

We've learned that when the family participates in the recovery process, far greater success is achieved. Family members have their own traumas and resentments. When families are also given opportunity to work through their own pain, as the Addict works on their journey, amazing things happen!

**When addiction is treated as a family-disease, everyone can heal.**

# THIS E-BOOK CONTAINS CONTENT FROM ACTUAL GROUP MATERIALS FROM OUR RESIDENTIAL RECOVERY PROGRAM

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It's not easy being a Family member of someone who struggles with drugs, alcohol, or other compulsive behaviors.

**I know the disease of Addiction, first-hand, because I've been a son to an Alcoholic-father and step-father. Plus, a brother of an Addict.** All 3 are dead because of this family-destroying disease. I have spent 50 years of my life in and around Addiction. I have experienced it from every angle, including the recovery side.

**My journey also includes my own personal Addiction to pain pills many years ago.**

Since my own recovery, I have used my professional training, personal addiction- experience, and the pain that comes with it, for a mission to help other families and their Addict overcome this disease through Justin's Lighthouse Recovery program.

**Now, available to you through on-line education!**

**Dr. Miles**



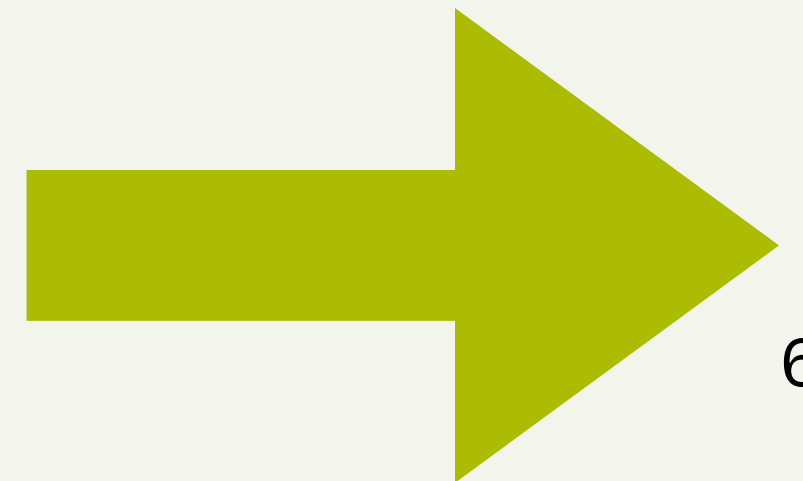
# UNDERSTANDING ADDICTION



## A FAMILY DISEASE

Learn what drives the development of Addiction. How it begins long before the family member starts using or drinking, and how Trauma sets the wheels in motion which manifests into full blown Addiction

*REAL SOLUTIONS - NOT THEORY*





# ADDICTION TAKES WHOLE FAMILY HOSTAGE



## FAMILIES ADAPT TO SURVIVE

When addiction enters a household, the family instinctively shifts into survival mode.

The Family's focus shifts from being healthy to anticipating the next crisis

## SURVIVAL-MENTALITY IS RESHAPED AS FAMILY MEMBERS LEARN TO ADAPT

- **Communication:** *Families avoid hard truths to prevent explosions.*
- **Emotional expression:** *Anger, fear, Sadness / Feels overwhelming at times*
- **Daily structure:** *Schedules revolve around the unpredictable behavior of the addicted person.*
- **Energy and attention:** *Most bandwidth goes toward preventing or responding to chaos.*