

10 WAYS TO TO DETACH

WITHOUT LOSING YOUR MIND

by Michelle Farris, LMFT

1. Don't give advice unless asked.
2. Leave the room if you can't be quiet.
3. Stop focusing on what they are doing.
4. Let them experience their own choices.
5. Trust that you don't have to fix it.
6. Remove the kids if it becomes unsafe.
7. Don't nag them about their responsibilities.
8. Compliment what they ARE doing well.
9. Breathe, how important is it?
10. Only help when you are asked.



Surviving Addiction

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