

Words of Wisdom - September is National Recovery Month

by Lori Elm

Being a loved one to addiction hurts so bad but I love them with all my heart. I will protect them and help them if they are fighting for tomorrow. But remember even though they are in treatment, jail or on medication for harm reduction, remember they still have problems. It is not a cure. Sure, I wish it was.

The problems they have are under the surface (trauma) that you need to listen to, and encourage them to address, let go and forgive themselves for it. They need to feel loved; they need to feel that they fit into this chaotic world, and people (community) need to know they are not different.

You as a loved one need to be ready because the stories, they tell you may knock your emotions and thoughts for a loop. But you must stay encouraging and positive because they are fighting and they are alive right now, and little do you know they are begging for help because they are fighting the temptation of hell.

Yes, many of our loved ones are hurting because of all the things they have done to themselves to cover the initial hurt and trauma, for many it has been a long time since they have felt normal, but so what. Don't you remember holding your loved ones when they were born, don't you remember their first steps, don't you remember that your love is unconditional and do you remember the dreams you had for them, remember their first steps, or their first lay-up. You need to use all your love and fight for them. Because if they are sober right now, this second that is all that counts.

Because every moment you create with them is priceless and could be the difference in them being in your life tomorrow. I will not and cannot give up on my loved ones, they are hurting for a reason, and I want to be part of the reason they no longer feel pain and learn to forgive themselves and move on in the world. Remember, this is not a 10-day process, or even a 90-day process but a lifetime change. This isn't a battle we should fight alone either, we should be fighting together as a community.

When this happens, this will make you, "yourself" open your eyes to change and forgiveness as well. Yes, know your limits and boundaries with your loved one but create a bond of encouragement and love at the same time. They need us, no matter what, and we need them no matter what, because they are in our heart forever.

I will love my family no matter what and fight to bitter end for them.

Lori Elm,
Oneida TAP Employee