

The Three Cs x 2: An Overview

(This is an excerpt from
The Three Cs x 2: The Three Cs of Addiction & The Three Cs of Our Recovery [#1033]
available through the Families Anonymous literature catalog.)

The Three Cs of Addiction:

- We didn't **CAUSE** it.
- We can't **CONTROL** it.
- We can't **CURE** it.

The Three Cs of Our Recovery:

CHOICES – We make different CHOICES.

- We make CHOICES about how we will conduct our life and what the quality of our life shall be.
We CHOOSE to be good to ourselves. We CHOOSE to enjoy life. A day wasted in misery is gone forever.
- Our addicted loved ones, too, have CHOICES to make.
We allow them to make their own CHOICES by getting out of their way and no longer making CHOICES for them.
We allow them to experience the consequences of their CHOICES by no longer trying to rescue them.

CHANGES – We make CHANGES in ourselves.

- If what we did before hasn't been working, doesn't it make sense to try something else?
- As we CHANGE ourselves, we are setting the stage for our addicted loved ones to CHANGE themselves as well.
- An important CHANGE we make (as we read in "Helping") is to stop *doing* things for our addicted loved ones and to start simply *being* present for them.

COURAGE – We have the COURAGE to commit fully to our own recovery.

- We stop being the victim. We have the COURAGE to say "no."
- We stop being the enabler. We have the COURAGE to "let go."

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