

What Are Al-Anon Meetings For Families Of Drug Addicts

by Robert Alexander Center | Jun 1, 2022 | Blog | 0 comments



Addiction is a family disease meaning it not only affects the addict, but also those who interact with them. Many times those who have a relationship with the addict, be they close friends or family members, also bear the brunt of the addiction.

They often become enmeshed with the addict's behavior, trying to cope with the upheaval in their lives, trying to get the addict to change, cleaning up the addict's messes, or even unwittingly enabling them.

After a while, this focus on an addict's behavior can make you lose yourself. You spend so much time fire-fighting and trying to cope that you take on the shame, guilt and blame that belong to the addict. Eventually, this wears you down, and you may end up feeling that you're drowning with no way out.

If you have a loved one dealing with drug or alcohol abuse and feel that you have nowhere left to turn, but crave help dealing with your situation, attending an Al-Anon meeting is a great idea.

Al-Anon Meetings

Al-Anon is a 12-step program that offers support for families and friends of people struggling with alcoholism or drug abuse. Al-Anon derives structure from the principles of Alcoholics Anonymous and is also based on a spiritual but non-religious ethos. The main premise of Al-Anon is to provide support and encouragement to help those dealing with a loved one's addiction to overcome the difficult situation they find themselves in.

Al-Anon recognizes that those living with an alcoholic or drug addict or those who regularly interact with them can be traumatized and need help to refocus attention on themselves while still caring for the addict. Many of those who attend Al-Anon meetings come struggling with feelings of despair and hopelessness and a desire to improve their lives free from substance abuse and dependence.

These meetings are designed for spouses, siblings, parents, and other family members, friends, employers, employees, or workmates of addicts. The meetings are free to attend and you'll get to share your experiences and express your feelings while receiving strength and hope from others who understand what you are going through. The meetings, what's discussed, and who attends are all kept confidential.

In the end, members of Al-Anon report that they feel less isolated and have a more positive outlook on life after attending the meetings.

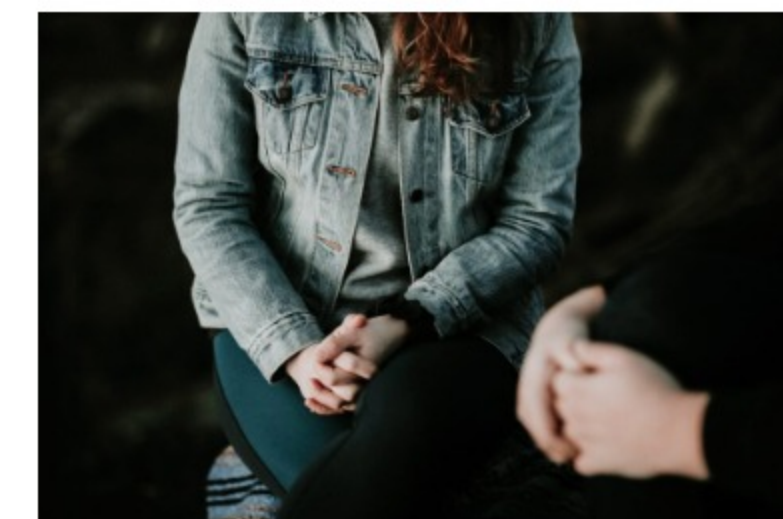
Help is Available at Robert Alexander Center for Recovery

At the Robert Alexander Center for Recovery, we understand that dealing with addiction can take a toll on both the addict and those close to them. Our [drug and alcohol rehab in Kentucky](#) offers treatment programs from [detox](#) to [intensive outpatient](#) and [outpatient treatment](#) for those struggling with addiction. Additionally, we also have a [family therapy program](#) to support and assist families of those dealing with addiction.

Reach out to us today and let us help you find the best treatment options for you.

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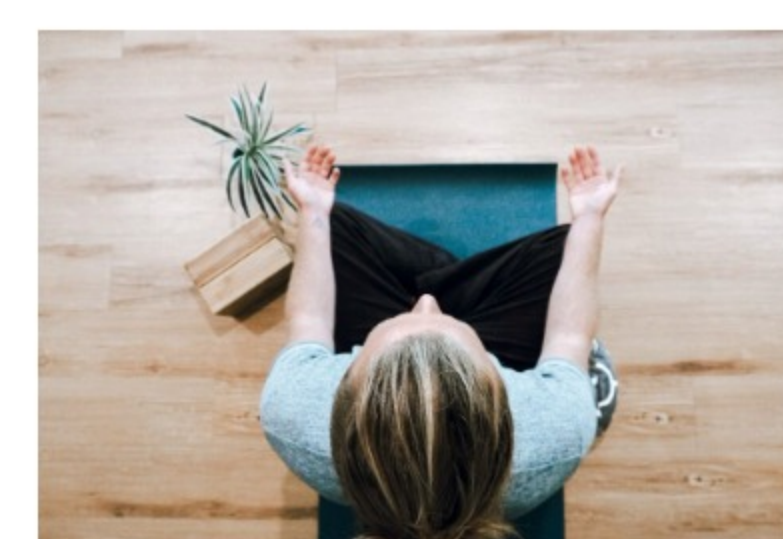
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The Robert Alexander Center for Recovery is a brand new, state-of-the-art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

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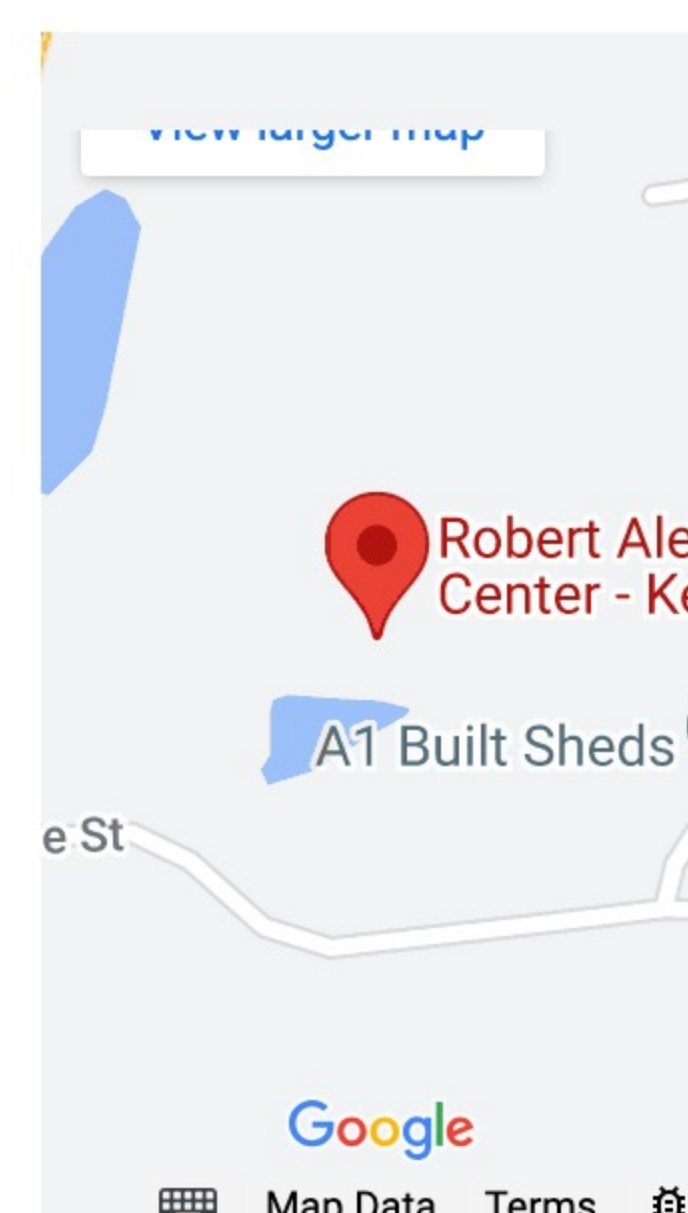
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