

- **Ron Edeal is a licensed Marriage and Family Therapist with over 25 years experience counseling families, couples and individuals. Ron is currently in private practice at [Relational Resources](#), an association of therapists, located in Santa Cruz County, CA. He has a B.A. in Psychology from [Bethany Bible College](#), and an M.A. in Marriage, Family and Child Counseling from [Azusa Pacific University](#). Ron is a recovering addict/alcoholic/Adult Child of Alcoholic, with more than eleven years experience as a family/patient counselor in drug/alcohol addiction treatment at both the [Clint Eastwood Youth Program](#) and the Adrian Center of Dominican Hospital. He is currently on the board of directors at [Teen Challenge](#).**

ACCESSING MY WEBSITE AND PDF FILES

- **RONED DEAL.COM**
- **ON THE RIGHT IS A LIST OF PAGES**
- **FIND “SPEAKING TOPICS”**
- **GO TO SCHEDULE FOR 2010**
- **CLICK ON “TLC WOMEN’S
RETREAT”**

**"LIVING AND THRIVING,
NOT JUST SURVIVING!"**

**How to rise above the storm of
addiction when it's a family
member or friend who has the
problem."**

Most Important Tool

- **If you want to help the addicted person in your life, HELP yourself!**
- **Have a teachable heart**
- **Expect it to be tough at times**
- **Learn from experienced People**
- **Plan to let go and let God**

- I'm going to teach you a new language
- It's a language that teaches you to **take care of yourself** so you can be the best helper for them
- I'm going to give you a tool to help you practice letting go of fixing, protecting, rescuing, controlling and attempts to change the others in your life.
- We need help to stop playing God and let go!
- We'll experience peace

I Don't Do God Well

- Handling things with my strength, my way, fixing things and people that need fixing
- Taking responsibility “for” vs. “to” others
- I get busy trying to rescue, change or control people, like they need me to think for them and act for them
- I keep doing the same thing expecting difference results – “Insanity”
- We need Him!

CODEPENDENCY SCALE

- Responsible **“FOR”** VS. **“TO”**
- My disclaimer
- Fine line
- Hard to examine self & stop finger point
- Hard to admit our need to control
- Like learning a new language
- Stop pouring gas on the fire

**If I AM RESPONSIBLE “For”
OTHERS, I TRY TO:**

- **FIX**
- **PROTECT**
- **RESCUE**
- **CONTROL**
- **CHANGE OTHERS**



I FEEL...

- **TIRED**
- **ANXIOUS**
- **FEARFUL**
- **LIABLE**
- **FRUSTRATED**
- **RESENTFUL**
- **GUILTY**
- **SELF-
RIGHTEOUS**

I AM MORE CONCERNED WITH...

- THE SOLUTION
- ANSWERS
- CIRCUMSTANCES
- BEING RIGHT
- DETAILS
- WINNING

I BECOME

- A MANIPULATOR
- AN EXPLOITER
- A CONTROLER

IF I AM RESPONSIBLE “TO” OTHERS I...

- **LISTEN**
- **EMPATHIZE**
- **ENCOURAGE**
- **SHARE**
- **CONFRONT**
- **LEVEL**
- **ACCEPT**

I FEEL...

- **CONGRUENT**
- **RELAXED**
- **FREE**
- **PEACEFUL**
- **AWARE OF REALITY**
- **AWARE OF MY FEELINGS**

I AM MORE CONCERNED WITH...

- RELATING PERSON TO PERSON TO REACH A SOLUTION
- AFFIRMING
- SUPPORTING
- VALUING
- COMPROMISING & NEGOTIATING

I BECOME...

- **A GUIDE**
- **A FRIEND**
- **AN EQUAL**

CONTROLLING IS ADDICTING-IT SEEMS TO WORK SOMETIMES

- **C**leaning up the messes
- **O**bsessing on plans to control
- **N**agging, constant put downs or complaints
- **T**hreatening
- **R**ationalizing, making excuses
- **O**verlooking the details of addiction
- **L**ecturing
- **S**tuck in our own grief

