

REBALANCING THE *Support System*

SUD is not just about using substances. It is about the **BEHAVIORS** that support ongoing use. Those behaviors are enforced by faulty **BELIEFS** that justify such conduct. The loved one then unconsciously **INDUCTS** external players into their faulty belief systems so that their using behaviors are enabled, and they can continue using as they please.

USING =
ingesting a substance for a desired effect

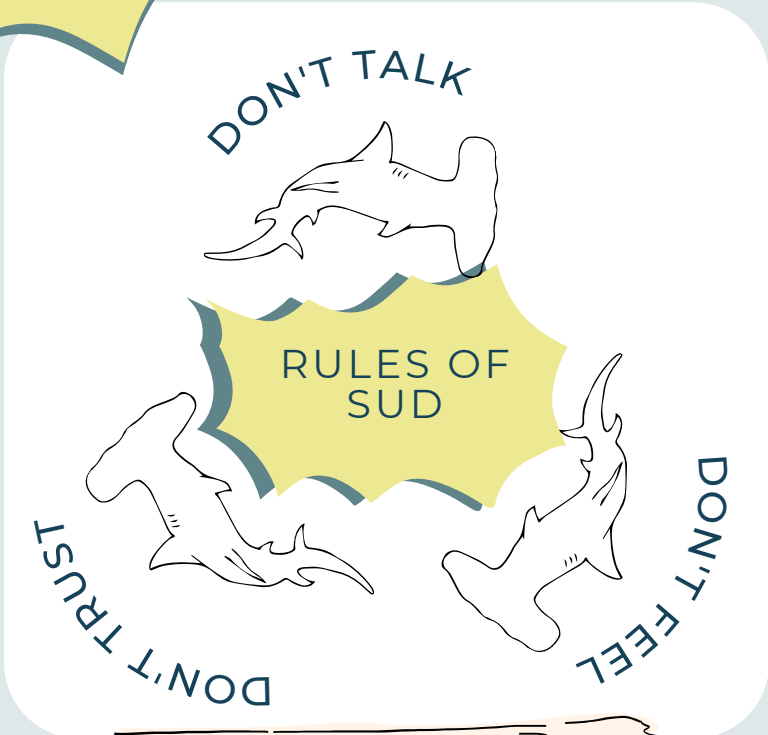
THIS IS NOT ABOUT PLACING BLAME OR SHAME...RATHER CREATING A FRAMEWORK OF UNDERSTANDING

USING BEHAVIORS =
engaging in actions that promote the ability to use (lying, stealing, changing friends, planning next use)

INDUCTION =
training members within a support system to not talk about the real issues. Anger and guilt are used as weapons to discourage talking about substances. The loved one is either so convincing, or their wrath is so great, that overtime the support system begins to behave in a way that avoids their emotional punishment.

Once a member of the support system has unconsciously agreed to the terms of a SUD, it becomes easier to remain trapped and engaged with those terms.

These dynamics develop over the course of months or years - slowly closing in like sharks to their prey.



PSEUDOMUTUALITY

This clinical term sums up the grooming process of a SUD. It refers to the unconscious and unspoken agreement within a system that conflict will be dealt with through avoidance.

The next couple pages are designed to help you identify how these dynamics have played out, or are currently playing out, within your support system.