

# Family Guidelines

- 1. Go slow** *recovery can take time*
- 2. Keep it cool** *try to avoid over-loading, information processing can be hard during this time, especially if under stress*
- 3. Give each other space** *alone time can be self-care, try not to hover*
- 4. Observe limits** *clear rules can help everyone*
- 5. Ignore what you can't change** *let some things slide, just not violence*
- 6. Keep it simple** *say what you need to as simply, clearly, and positively as possible*
- 7. Carry on business as usual** *re-establish family routines, stay in touch with family and friends*
- 8. Consider medication use** *medication can help symptoms, work with your doctor to see what might work for you*
- 9. Consider not using drugs and alcohol** *they can worsen symptoms*
- 10. Attend to early warning signs** *know what your triggers are*
- 11. Lower expectations temporarily** *see incremental progress*
- 12. Solve problems step by step**