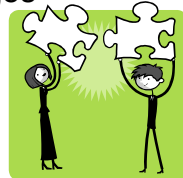




THE FAMILY GUIDELINES

Here's a list of things everyone can do to help make things run more smoothly:

1. **GO SLOW.** Recovery takes time. Rest is important. Things will get better in their own time.
2. **KEEP IT COOL.** Enthusiasm is normal. Tone it down. Disagreement is normal. Tone it down, too.
3. **GIVE EACH OTHER SPACE.** Time out is important for everyone. It's okay to reach out. It's okay to say "no".
4. **SET LIMITS.** Everyone needs to know what the rules are. A few good rules keep things clear.
5. **IGNORE WHAT YOU CAN'T CHANGE.** Let some things slide. Don't ignore violence.
6. **KEEP IT SIMPLE.** Say what you have to say clearly, calmly, and positively.
7. **FOLLOW DOCTOR'S ORDERS.** Take medications as they are prescribed. Take only medications that are prescribed.
8. **CARRY ON BUSINESS AS USUAL.** Re-establish family routines as quickly as possible. Stay in touch with family and friends.
9. **NO STREET DRUGS OR ALCOHOL.** They make symptoms worse, can cause relapses and prevent recovery.
10. **PICK UP ON EARLY SIGNS.** Note changes. Consult with your family.
11. **SOLVE PROBLEMS STEP BY STEP.** Make changes gradually. Work on one thing at a time.
12. **LOWER EXPECTATIONS, TEMPORARILY.** Use a personal yardstick. Compare this month to last month rather than last year or next year.



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