

How Do I Help My Partner Get Sober?

Are you in a relationship with someone who abuses substances or alcohol? Are you wondering what you can do to help them? Have you lost yourself in the process of trying to help them? Let's change the question; how do I help me?

Educate

Learn about the dynamics of these relationships and how addiction affects you and your family.



Set Boundaries

Setting boundaries to protect you and your values will allow you to have more control over your life.

Self-Care

Self-care is tough when we are trying to survive, but it's important to take care of ourselves. Many of us do not even know where to begin.



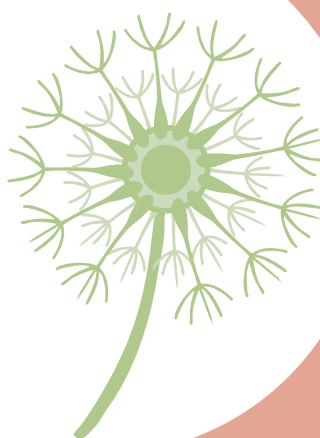
Communicate

Learning how to communicate with our partner will allow us the opportunity to keep our peace and see things more clearly.



Making Decisions

Often times we find it challenging to make decisions that align with our values and our true self. Learning how to do this is an empowering process.



Our online course will help validate, educate, empower, and guide you on your own recovery journey at *Independently Strong*