



Detachment

Seven steps for enablers to detach from chemical users:

- 1) Seek expert advice.
- 2) Learn to take your own inventory.
- 3) Learn to accurately report your diagnosis.
- 4) Use your mental energy where it will do the most good on yourself.
- 5) Discover and define what is your bottom line.
- 6) Share this bottom line with significant people or a support group.
- 7) Learn to take charge of your life.