

Being Supportive Of Your Partner During Rehab



infographic

All of the struggles you've endured have now culminated in a definitive and necessary next step:

your partner is going to rehab.

The hellish days seemed never to end and the fights drifted on in your mind, melding into one another as one large and everlasting conflict. And now you're seeing your mate off to rehab and the thoughts that fill your mind are far from few.

Questions From A Nervous Heart



Will they get through it?

Having doubts is perfectly normal in such a situation.

Do they even want to be there?

You'll worry about your loved one and their sobriety.

How long before I can expect a relapse?

What can be said is that:

#1 You Are Not Alone

Although it may feel as if your life and that which you have experienced with your partner is rare and therefore tough to cope with socially, the fact is, there are many individuals struggling with drug addiction with many men and women in relationships with them struggling alongside. Knowing that you're not alone and that there are easier ways for you to maintain your own life while you are still a part of theirs is rather important.



What can I do?



#2 You Can Help

You can be your partner's spotter as they deal with all this weight. You don't want to be their only source of support, but being their second set of eyes and ears can go quite far. If you want for them to continue in their success, you may need to change some things in your own life. Helping from your end isn't over right after rehab. Just as you've worried so many times before, there may be times that your partner has trouble following closely to their new life plan. Don't panic. Reminding your partner of the future, making sure they are taking medication and attending any therapy sessions, or contacting one of their therapists or doctors are steps in helping keep them on track.

#3 Your Relationship Does Matter

Sticking with your partner through many nightmarish moments means that you care very much for them, despite all that you've endured. As they begin to get healthier and find purpose in their life again, they will be able to see you and the relationship they have with you as another reason to stay on course. As your partner heals, so too will your relationship and your partner will—through newly opened eyes—know that in being sober, they have you, and that in having you, they will remain sober.



Rehab can help your partner and your relationship

Get help today and recover from addiction