## **Statement to My Family**

In SFR, we always expect lasting sobriety, but we still prepare for the unexpected. In a crisis, the Statement to My Family gives family fortitude and a clear vision forward. Family members don't listen to the disease talking; they get their loved one the help that is needed. If their loved one becomes combative, family members lovingly share the Statement to My Family, promising to follow through with the message's wishes.

Newly recovering loved ones can use the sample statement below as an example for writing a similar statement specific to their situation. Family members write one appropriate for emotional sobriety. A signed copy stays with the SFR team, in care of the chairperson, SFR counselor, or other trusted member.

## Sample Statement to My Family

"I ask my family to act as quickly as possible if I am in danger of relapse or in relapse. I may be difficult to deal with while I am in such a bad place, but do not let me persuade you not to help me. The sooner you help me, the less damage is done by this insidious and powerful disease. Regardless of what I may say or do, remember I love you."

se the space below to write your Statement to My Family.	