

## The BALM Program has three components:

**Information** - We educate you with 12 Family Recovery Principles presented through weekly live calls, a workbook, and an online archive of over 120 hours of lessons, expert interviews, discussions, recovering speakers and recovering families. All of this information is organized in an easy-to-digest fashion.



**Transformation** – You receive tools to put that information into practice on a journey into 7 steps that empower families to effectively communicate with their loved one using the BALM (Be A Loving Mirror) method.

**Support** – Group coaching calls where families can get their questions answered, receive support, and hear how others are coping with the challenges of a loved one's struggles with substance use disorder and other addictions.

Families from all over the world participate in this Florida-based, portable, affordable program designed to go well with an online/ phone 21st century lifestyle.



*Be a Loving Mirror*

## B.A.L.M. Comprehensive Family Recovery Education Programs

**Helping Families of Struggling Loved Ones  
Blaze the Trail to Recovery in their Homes**



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**The BALM Family Recovery Education Program** is designed to teach families a proven method to help them increase their own sanity as well as their loved one's chance at recovery.

All of our work is infused with our special concept of BALM (Be A Loving Mirror) which gives families a communication tool and way of being that turns chaos to sanity!

### Participants will learn how to:

- Set and stick to boundaries
- Be their loved one's best chance
- Erase judgments of their loved one
- Become aware of triggers for relapse
- Let go of mental obsession
- Regain long lost inner calm
- Achieve peace in the home

### Content includes the following topics:

#### **Coping with Early Recovery**

When the family gets well, the loved one has a better chance. Participants learn how the family can help a loved one choose to recover. Includes leverage, self-care, triggers, and other crucial info.

#### **How Change Happens**

Change happens in stages. Learn about the Stages of Change and ways to communicate to help a loved one move from one stage to the next.

#### **Be Their BEST Chance at Recovery**

Learn what it takes to become your loved one's best chance at getting and staying in recovery, including: the role of denial and enabling in the addictive system; the power of calm involvement; setting and sticking to boundaries; reacting vs. responding; when to get outside help.



#### **Self-Care**

In addition to assessing and enhancing your own self-care, you will learn about how dependency develops and how the phenomenon of Addiction Switching affects loved ones and family members.

#### **A New Way to Be Loving**

"All you need is love." But does love mean doing things for others or encouraging them to take

responsibility for themselves? We will look at the power of love to help you help your loved one get well.

#### **Setting and Sticking to Boundaries**

This lesson discusses what it means to set healthy boundaries, how to set them, the obstacles standing in the way of setting boundaries, and how to stick to the boundaries you set.

#### **Getting Support**

We will look at resistance and how to get through it; the types of help and support available; and how to pick the help that's best for you.

#### **Three Relationships: Spirit, Self, Other**

The importance of understanding these three relationships and how they can contribute to a healthy recovery.

#### **7 Steps to Be A Loving Mirror**

Transform the way you relate to yourself and others for the better. Gain the power to live a more fulfilling life.

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