

# The Three Cs x 2: An Overview

(This is an excerpt from  
*The Three Cs x 2: The Three Cs of Substance Use Disorder &  
The Three Cs of Our Recovery from Codependency*,  
available as #1033 in the Families Anonymous® literature catalog.)

## The Three Cs of Substance Use Disorder

We didn't CAUSE it.

We can't CONTROL it.

We can't CURE it.

## The Three Cs of Our Recovery from Codependency

CHOICES – We make different CHOICES.

- We make quality CHOICES about how we will conduct and improve our life.
- We CHOOSE to be good to ourselves and to enjoy life. A day wasted in misery is gone forever.
- We CHOOSE to accept that our addicted loved ones have the right to make their own CHOICES.
- We CHOOSE to stop trying to control or direct their CHOICES. We CHOOSE, instead, to get out of their way and focus on making CHOICES for ourselves, not for them.
- We CHOOSE to allow them to experience the consequences of their CHOICES without trying to rescue them.

CHANGES – We make CHANGES in ourselves.

- If what we did before hasn't been working, doesn't it make sense to try something else?
- We recognize that as we CHANGE ourselves, we are setting the stage for our loved ones to CHANGE themselves as well.
- We CHANGE our thoughts and actions by following the advice of our "Helping" reading: stop *doing* things for our loved ones, and start simply *being* present for them.

COURAGE – We have the COURAGE to commit fully to our own recovery.

- We stop being the victim. We have the COURAGE to say "no."
- We stop being the enabler. We have the COURAGE to "let go."



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