

THE RECOVERY DESK

PREMIUM GUIDED WORKBOOK

# When Your Parent Has an Addiction

A workbook for adult children navigating caregiving, loyalty, privacy, and their own lives.

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Five topic-specific chapters, worked examples, guided exercises, reusable planning pages and source notes.

PRACTICAL TOOLS FOR RECOVERY

Educational resource • Choose what fits • Seek professional support when needed

## START HERE

## How to use this resource

Choose one page that matches your circumstances. You can skip questions, take breaks, work privately, or invite a trusted support person. These exercises are for education and planning; they cannot diagnose, provide individualized treatment, or guarantee an outcome.

**BEFORE YOU BEGIN**

If there is an immediate medical or personal safety emergency, contact emergency services (911 in Canada). For suicide-crisis support in Canada, call or text 988. Withdrawal from some substances can require urgent medical care; ask a qualified professional rather than using a workbook to decide what is safe.

**YOUR CHOICES**

You may change your mind about an exercise, leave a question blank, and ask for assistance. Sharing personal experiences is optional; confidentiality cannot be guaranteed in group or shared living settings.

**MAKE THE RESULT USABLE**

At the end of each chapter, keep one specific next step: who, what, where, when, and your backup if the preferred option is unavailable.

## CHAPTER 1 / 5

## Name your role today

You can care about a parent while defining which roles you can and cannot take on. Notice when you are managing appointments, rent, conflict, or younger family members by default. Distinguish chosen help from assumed obligations.

### FICTIONAL EXAMPLE

Taylor loves their parent but cannot make daily calls during working hours. They offer a Sunday check-in and share a service number for weekday support.

### GUIDED REFLECTION

1. Which responsibilities have you taken on?
2. Which are choices and which feel imposed?
3. What is one sustainable form of help you might offer?

### YOUR PRACTICAL NEXT STEP

Complete a chosen / negotiated / not-mine responsibility map.

## WORK IT THROUGH

## Name your role today

Keep answers specific to your circumstances. Write a few words, draw a plan, or discuss the prompts with a trusted person. You do not need to fill every line.

### 1 Which responsibilities have you taken on?

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### 2 Which are choices and which feel imposed?

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### 3 What is one sustainable form of help you might offer?

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### PRACTICE / TAKE-HOME ACTION

Complete a chosen / negotiated / not-mine responsibility map.

### My next action, who can help, and when I will review it

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## CHAPTER 2 / 5

## Set money and housing limits

Financial help can affect your own rent, credit, and safety. State what you can offer, if anything, before an urgent request arrives. You may choose food, transport, or information instead of unrestricted cash, or decline. Get legal advice for shared ownership, tenancy, or debt.

### FICTIONAL EXAMPLE

Morgan chooses to pay their own tuition first and offers to help a parent contact a benefits office rather than co-signing a loan.

### GUIDED REFLECTION

1. What commitments must remain protected?
2. What request would create risk for you?
3. What alternative help could you offer, if you choose?

### YOUR PRACTICAL NEXT STEP

Write a personal financial boundary script.