

The Importance of Readiness

I wanted to share a thought about a subject that is controversial. Nobody really knows what the future holds. This is just my belief, so please take it as “theory”.

It's about an alcoholic or addict's READINESS to change, to really change. That is, being ready to surrender to the truth about a problem that is apparent to everyone else in the room. To accept the challenge and do the work necessary for creating and maintaining a successful, responsible drug and alcohol free, life.

With threats, you can make an alcoholic or addict do things they don't really want to do. Even temporarily stop drinking or using drugs. But you can't make them READY to quit and do the long, hard work necessary for making and maintaining, a drug or alcohol-free life. They can't even make themselves ready. Life will make them ready.

It's nobody's fault, just human nature. When the alcoholic or addict is honest enough to tell you he's not ready to quit using or drinking, at least he's being honest. Imagine if he pretended to be ready to quit but was really not. That would be worse. We may not want to hear him say, "I'm not ready to quit", but his honesty is helpful.

If he's not ready to quit, despite his past and present consequences, what makes you think we can talk him or bribe him or logic him or guilt him or scare him into quitting? The consequences he creates from his actions, will create his readiness to want to quit. The problem is, we don't know what it will take or when it will happen.

That's where faith in God comes in. The less you trust God, the more anxiety and emotional pain you will have over the unknown future that your son must go towards. Because the unknown is where his new life will be.

When there is nothing else you can do, you can still keep working on your own program, by educating yourself and getting help for your own hurts, and your own issues. This will be inspiring for him, but it's no quick fix, like we might want. Also, praying for your son and when possible, letting him know you love him, and you believe in him and his ability to beat his problems someday. You can always say: “We will help you anyway we can when you are ready to get help for your alcohol/drug problems.” These are things you can do no matter where he is or what he does.

Keep praying and trusting God. -Mike

The Readiness Prayer: God please guide me into the unknown future You have prepared for me and my loved ones.