家庭危機生命線
快速參考指南及課程手冊

LIFELINE

FOR FAMILIES IN CRISIS

A QUICK REFERENCE AND LESSON GUIDE

受成癮影響的家庭

FAMILIES AFFECTED BY ADDICTION

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受成癮影響的家庭
Families Affected by Addiction

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1 Scenarios and Assessment

I. 情境／案例研究 Scenarios/Case Studies

A. 情境一 Scenario 1

多明妮克在女兒多年來嘗試戒除毒癮的過程中，總是不斷出手相救。她的女兒莎夏經常在深夜的任何時刻衝進家裡，要求母親替她照顧孩子，並向母親要錢，好讓她去買下一次的「毒品」。結果，多明妮克因長期處於焦慮的狀態，而罹患了高血壓。她想要結束這種惡性循環，但她又覺得，如果自己不再提供幫助，就是在向家人傳達一個訊息──她不愛他們了。

Dominique had always come to her daughter's rescue during the years of her attempted recovery. Sasha would storm into the house at all hours of the night demanding her mother babysit her child and she give money for her next "fix." Consequently, Dominique developed high blood pressure because of her constant state of anxiety. She wanted to put an end to this cycle, but felt that she would be sending a message that she does not love her family if she refused to help anymore.

B. 情境二 Scenario 2

蜜雪兒生下一名女嬰，而這名嬰兒出生時即被檢驗出甲基安非他命（冰毒）呈陽性反應。當女兒只有八個月大時，她再次被送回醫院，檢驗結果仍顯示體內含有高濃度的甲基安非他命。到了十八個月大時，蜜雪兒的女兒又一次被緊急送往醫院。醫生發現她營養不良、牙齒缺失，而且體內仍然檢測出甲基安非他命陽性反應。這名小女孩在未滿兩歲前，因頭部受傷而死亡。她的母親蜜雪兒因此被控非預謀過失殺人罪。

Michelle had a baby girl who tested positive for methamphetamines at birth. When her daughter was just eight months old, she was brought back to the hospital again, testing high on meth. At eighteen-months old, Michelle's baby girl was rushed to the hospital again and found to be suffering from malnutrition and missing teeth, still testing positive for meth. The little girl died of head injuries before she was two years old. Her mother, Michelle, was charged with involuntary manslaughter.

C. 情境三 Scenario 3

瑪莎是一位正在戒癮中的成癮者，在過去十年間，她時而保持清醒，時而再次陷入成癮。在她保持清醒的期間，她是一位充滿愛心、關懷孩子的母親。然而，每當她酒癮發作時，她便會對自己的三個孩子施以肢體暴力。因此，這三個孩子害怕被人觸碰，難以信任成年人或任何具有權威的人，並且逐漸形成了低自尊。

Marsha was a recovering addict who had been sober on-and-off for ten years. During her "dry periods" she was a loving, caring mother. However, during her bouts of alcoholism she was physically abusive towards her three children. Because of this, they are afraid to be touched, have trouble trusting adults or authority, and have developed low self-esteem.

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定義與重要觀念 Definitions and Key Thoughts

A. 藥物濫用對家庭的影響 Effects of substance abuse on families

1. 根據全美知名的成癮治療專家羅伯特．艾克曼所說：「遭受成癮之苦的人，並不是只有成癮者自己。每一位濫用成癮物質的人，至少會危害他身邊另外四個人的生活。」這還不包括大家庭成員、朋友或同事；事實上，受到影響的人數遠遠超過四人。

According to Robert J. Ackerman, a nationally recognized addiction specialist, "The person suffering from addiction isn't the only one who feels its effects. Any one person who abuses a substance jeopardizes at least four other people around him". This does not count extended families, friends or co-workers – in fact the number is far higher than four people.

2. 成癮具有漣漪效應--婚姻會破裂，孩子在充滿暴力的家庭中成長，而各種負面情緒也逐漸主導整個家庭生活。

Addiction has ripple effects – marriages fall apart, children grow up in violent households and negative emotions come to dominate.

3. 美國心理健康協會指出，依附關係常常影響酒精或藥物依賴患者的配偶、父母、兄弟姊妹、朋友或同事。

Mental Health America states that codependency often affects a spouse, parent sibling, friend or co-worker of a person afflicted with alcohol of drug dependence.

4. 家庭成員必須照顧好自己，不只是為了自己的身心健康，也是為了成癮者本身的益處。

Family members must take care of themselves, not only for the sake of their own well-being but also for the sake of the addict.

5. 造成成癮的一些原因可能包括：父親缺席、缺乏管教或家庭規範、媒體的影響、世代價值觀的傳承。

Some causes of addiction can include absent fathers, no discipline or structure, media influence generational values.

6. 近年的研究報告顯示，美國約有 53% 的成年人表示，在他們的近親之中，至少有一人曾有飲酒方面的問題。

Recent reports studies have shown that approximately 53 percent of adults in is United States have reported that one or more of their close relatives has a drinking problem.

B. 藥物濫用對兒童的影響 Effect of substance abuse on children

1. 據估計，所有被安置離開原生家庭的兒童中，有 87% 是因為家庭中的化學物質或毒品濫用所導致。

It is estimated that 87% of all children removed from homes are removed due to the abuse of chemicals and drugs.

2. 藥物濫用會阻礙父母與孩子之間建立深厚而重要的親子依附關係。成癮者所生的嬰兒，在出生後十八個月內，往往很難與母親建立正常的親子連結。這些未能建立良好依附關係的孩子，往後一生都可能面臨情緒方面的問題。

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Substance abuse blocks the powerful bond between parents and their child. Babies of substance abuse always have a difficult time 'bonding' to their mothers in the first eighteen months. These 'unbounded' children may have emotional problems the rest of their lives.

3. 由吸毒或酗酒父母扶養長大的孩子，經常遭受身體虐待，因此難以信任成年人或任何具有權威的人。

Children who are raised by parents on drugs/alcohol often experience physical abuse and cannot trust adults or authority.

4. 他們往往害怕被人觸碰。他們常抱持著「攻擊或逃跑」的心理反應。他們可能有低自尊；許多人從小就被罵「愚蠢」。這樣的對待逐漸累積成怨恨與憤怒，也使這個惡性循環持續下去，促使青少年藉由毒品和酒精來逃避現實。

They are often afraid to be touched. They have a "fight or flight" mentality. They may have a low self-esteem; many have been called "stupid." This treatment turns to resentment and anger allowing the cycle to continue encouraging the teen to escape reality through drugs and alcohol.

5. 美國堪薩斯州威奇托市《鷹報》指出，藥物濫用會抑制人的良知，以及做出理性判斷的能力。

The Wichita Eagle newspaper for Wichita, Kansas reports that substance abuse blocks the conscious and ability to make rational decisions.

6. 酒精（包括葡萄酒、啤酒或烈酒）是美國目前已知最主要、且可預防的胎兒發育及身體缺陷原因，即胎兒酒精症候群。

Alcohol (wine, beer, or liquor) is the leading known preventable cause of developmental and physical birth defects in the United States (FAS).

7. 據估計，在美國，每年約有每 750 名新生兒中，就有 1 名出生時帶有一系列身體、發展及功能方面的問題，這種情況被稱為胎兒酒精症候群。此外，每年另有約 40,000 名嬰兒出生時受到胎兒酒精影響。

It's estimated that each year in the United States, 1 in every 750 infants are born with a pattern of physical, developmental, and functional problems referred to as fetal alcohol syndrome (FAS), while another 40,000 are born with fetal alcohol effects (FAE).

8. 患有胎兒酒精症候群的孩子，出生時可能體重過輕、頭圍較小。他們通常會出現發展遲緩，日後在人際互動及社交能力方面也較差。研究顯示，十九歲左右是許多胎兒酒精症候群患者所謂「撞牆期」，也就是各方面功能障礙開始明顯浮現、生活適應困難大幅增加的階段。

FAS children may be born with low birth weight and small heads. The babies experience developmental delay and later poor socialization skills. Research shows that age nineteen is the time when most FAS children "hit the wall."

9. 許多孩子一出生，就已經對母親在懷孕期間所攝取的成癮物質產生了依賴（成癮）。

Many children are born addicted to the substances their mothers ingested during pregnancy.

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評估（訪談）Assessment (Interview)

A. **一般評估（訪談）General Assessment (Interview)**

1. 今天是什麼原因促使您來到這裡？What prompted you to come here today?
2. 您認為這位當事人濫用成癮物質的原因是什麼？
   What is the reason you feel the individual is abusing substances?
3. 您與這位當事人的關係是什麼？
   What is your relationship to the individual?
   a) 家庭成員／配偶／朋友
      Family member/spouse/friend
      (1) 這位當事人是否與您同住？
      Does the person live with you?
      (2) 家中的生活環境如何？
      What is the substance and how long did he/she use?
      (3) 成癮者的家族中是否有成癮史？
      What was the result of the exposure?
      (a) 是哪一位家庭成員？
      Who is the family member?
      (b) 他／她使用的是哪一種成癮物質？使用了多久？
      What is the substance and how long did he/she use?
      (c) 接觸（使用）該成癮物質後，造成了什麼結果？
      What was the result of the exposure?

4. 您可以描述一下您與這位當事人的關係嗎？（例如：親近、疏遠等。）
Can you describe the relationship between the two of you (close, distant, etc.)?

5. 這位成癮者多久會向您尋求一次幫助？您通常如何回應？
Did you try to refuse to help? What was the outcome and how did that make you feel afterwards?

6. 您是否曾經把成癮者的需要放在自己的需要之上？
Are there times you have placed the addict's needs above your own?
   a) 當時是什麼情況？
   What was the situation?
   b) 最後的結果如何？
   What was the outcome?

7. 您最近一次幫助這位成癮者是在什麼時候？當時您做了哪些事？
When was the last time you assisted in helping the addict? What did you do?

8. 您是否曾經嘗試拒絕幫助他／她？結果如何？之後，您心裡有什麼感受？
Did you try to refuse to help? What was the outcome and how did that make you feel afterwards?

9. 當您想到這位成癮者時，您會有哪些想法、感受與情緒？（此問題是用來評估您與該成癮者之間情感連結的程度。）

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When you think about this individual what thoughts, feelings and emotions do you experience (this is to assess the degree of connection to the individual)

10. 當成癮者不在您身邊時，您喜歡從事哪些活動？或者，您平常如何照顧自己？
What activities do you enjoy doing or how do you care for yourself when the addicted is not present?

B. 危險警訊 **Red Flags**

1. 留意是否出現依附關係（Codependency）的跡象。
Look for signs of co-dependency
2. 即使已付出情緒、心理及財務上的沉重代價，仍然持續支持成癮者。
Supporting addicted despite cost of emotional, mental and financial stress
3. 除了陪伴成癮者之外，無法從其他事物中獲得滿足感。
Unable to find satisfaction outside of being with addicted individual
4. 即使彼此的關係充滿傷害（有毒關係），仍然無法切斷聯繫。
Remain connected despite toxic relationship
5. 縱容成癮者。
Enabling
   a) 為成癮者找藉口。
   Making excuses for the addict
   b) 接手成癮者原本應該負責的事情。
   Taking over addict's responsibilities
   c) 為因應「緊急狀況」而提供金錢。
   Giving money for "emergencies
   d) 過度管理（鉅細靡遺地掌控）成癮者的生活，例如陪同他去各個地方、反覆確認他的預約或行程等。
   Micromanaging addict's life (escorting places, double-checking appointments, etc.)

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2 Critique and Counsel

I. 聖經觀點 Biblical Insight

雖然聖經並沒有明確討論有關成癮或依附關係，但它確實談到了成癮者所愛之人可能經歷的思想與感受，特別是因著基督徒的責任或家庭責任，而產生必須負責照顧對方的心理。

The Bible does not explicitly address relationships as they pertain to addiction or codependency. What is addressed are the thoughts and feelings loved ones of an addict can experience as it relates to the need of being responsible because of either Christian or family duty.

A. 擔當重擔 Burden Bearing

1.「弟兄們，若有人偶然被過犯所勝，你們屬靈的人，就當用溫柔的心把他挽回過來；又當自己小心，恐怕也被引誘。你們各人的重擔要互相擔當，如此，就完全了基督的律法。」（加拉太書 6:1–2）

"Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness, lest thou also be tempted. Bear one another's burdens, and so fulfill the law of Christ" (Galatians 6:1-2)

a) 聖經教導我們，要關心那些陷入罪中的人，並幫助他們承擔生命中的困境，使他們能夠朝著改善與恢復的方向前進。當我們這樣做時，就是向有需要的人彰顯神的愛。

There is instruction to shoulder and be concerned for those who are entrapped in sin; to help them take on their circumstances for improvement. In doing this the love of God is being shown towards those in need.

b) 神確實呼召我們以愛心幫助那些需要得釋放的人，也可能需要協助他們分擔部分重擔；然而，這絕不表示我們要承擔那個人全部的責任。

The call to help those in need of deliverance does require love and maybe even help carry the load, but it should never cause someone to take on all of the responsibility of that individual.

B. 覺得自己有義務照顧成癮者 Feeling obligated to take care of an addict

1.「人若不看顧親屬，尤其是不看顧自己家裡的人，就是背了真道，比不信的人還不好。」（提摩太前書 5:8）。

"But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever" (1 Timothy 5:8).

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a) 有些基督徒會因為這節經文，而認為自己必須持續提供成癮者住處、金錢及其他資源。然而，保羅在這段經文中真正談論的是如何照顧寡婦，而不是如何對待成癮者。

Christians who provide housing, money, and other resources for an addict take this verse and apply it to themselves. However, Paul was talking about the treatment of widows in this portion of Scripture.

b) 當一個人因害怕讓成癮者失望，而一直留在一段充滿傷害（有毒）的關係中時，他其實是把自己交在成癮者的掌控之下。

When individuals remain in toxic situations for fear of disappointing the addicted, they place themselves at their mercy. c) 為了愛去幫助成癮者，是完全可以理解的。然而，當罪惡感凌駕於適當的判斷之上時，幫助者便成了縱容者。這樣不但傷害了接受幫助的人，也傷害了提供幫助的人。

It is understandable that a loved one would desire to help in an addictive situation. However, when feelings of guilt override appropriate responses the helper becomes an enabler. This harms the giver and the receiver.

C. 幫助成癮者時內心的矛盾與掙扎 Conflicting thoughts of helping the addict

1.「故此，我所願意的善，我反不做；我所不願意的惡，我倒去做。若我去做所不願意做的，就不是我做的，乃是住在我裡頭的罪做的。」（羅馬書 7:19–20）

"For the good that I will to do, I do not do; but the evil I will not to do, that I practice. Now if I do what I will not to do, it is no longer I who do it, but sin that dwells in me." (Romans 7:19-20)

a) 保羅坦承自己內心的掙扎——渴望做神眼中看為喜悅的事。人的裡面存在著一場持續的爭戰，就是在行善與作惡之間的拉鋸。

Paul verbalizes his struggle to do what is pleasing in the sight of God. There is an internal war that exists between doing what is right and wrong.

b) 成癮者的家人，也常常會經歷同樣的內心衝突，不知道自己到底應不應該繼續幫助對方。雖然，供應成癮者的需要本身不能直接等同於犯罪；但是，出於人性的本能，不忍心看到自己所愛的人陷入那樣的光景，確實會引發這種內心的掙扎。

The loved one of an addict deals with internal conflict as it pertains to whether he or she should help the addicted or not. Although one cannot attribute providing for the addict to sin, the notion of being human and not wanting to see a loved one in that condition can ignite feelings of this internal struggle.

c) 因此，成癮者的家人有這樣的感受，是很正常的。然而，他們所採取的行動，應當是對家庭成員真正有益的，而不是一味對成癮者有利。

It is normal for the loved one to feel this way; however, the action must benefit the family member and not the addict.

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II. 智慧的勸勉 Wise Counsel

A. 提醒成癮者的家人：若要真正幫助成癮者走向復原，自己必須先變得堅強。要實踐自我照顧，將自己的需要放在優先的位置。
Remind the loved one in order to help in the recovery process he or she will need to be strong. Practice self-care by putting his or her needs first.

B. 協助家人反思，自己與成癮者的關係如何影響了自己的生活。
Reflect on how the relationship with the addicted is affecting the family member

1. 目前的情況，如何塑造（改變）了這位家人的人生？
How has the situation shaped the loved one's life?
2. 如果成癮者繼續得到支持，未來可能會是什麼樣子？
What would it look like if the addict continued to receive support?
3. 如果成癮者不再得到支持，未來又可能會是什麼樣子？
What would it look like if the addict did not receive support?

C. 讓家人明白，想要幫助成癮者的心情是很正常的。然而，也要陪伴他（她）一起探討，持續供應成癮者所需有哪些好處與壞處（利與弊）。
Normalize feelings of wanting to help the individual; however, explore with the loved one the pros and cons continuing to provide for the addict.

D. 鼓勵家人持續親近神，並委身於教會生活。
Encourage the loved one to stay close to God and the church.

1. 如此一來，他（她）便能藉著神的大能保持剛強，並以合宜的方式回應各種情況。
This will allow the individual to remain strong through the power of God to respond appropriately.
2. 持續連結於一個積極、健康且能帶來鼓勵的屬靈環境，使自己的靈命不斷得到餵養。
Be connected to a positive and uplifting environment where the individual's soul can be fed.

E. 停止用金錢支持成癮者。如果有需要，可建議家人參加家屬互助團體聚會，尋求外部支持。
Stop supporting the addicted with money. If needed suggest individual to attend Al-Anon or Nar-Anon meetings for external support.

F. 讓責任回到應該承擔的人身上。
Keep the responsibility where it belongs.

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1. 不要替成癮者收拾殘局或承擔後果。他（她）可能需要經歷多次失敗，甚至反覆復發，才會真正意識到問題的嚴重性。
Do not cover for the addict. It may take multiple times and/or relapses for him/her to see the seriousness of the situation when there is repeated failure.
2. 不要替成癮者向別人找藉口。替他（她）的行為辯解，可能會使成癮者誤以為家人支持、甚至認同其濫用成癮物質的行為。
Do not make excuses to others for the addict's behavior as this can lead him or her to believe the loved is in favor of the substance abuse.

G. 如果成癮者偷竊家人的財物，就應要求他（她）離開家中。
1. 若仍允許成癮者繼續住在家裡，只會增加更多財物遭竊的機會。
Allowing the addict to stay allows a greater opportunity for other items to be taken.
2. 如果成癮者認為自己隨時都可以回家，家中任何人都可能因此陷入危險之中。
Anyone living in the house could be placed in a dangerous situation if the addict believes he or she can come back.

H. 提醒家人：成癮者常會利用以下方式，讓家人繼續支持他（她）的成癮行為：
Remind the loved on that addicted will try to get family members to support their habit by:
1. 稱讚你、討好你
Praising you
2. 讓你產生罪惡感
Making you feel guilty
3. 博取你的同情，讓你為他（她）感到難過
Making you feel sorry for them
4. 生氣、發怒，甚至恐嚇你，使你害怕
Getting angry and scaring you
5. 對你說謊
Lying to you

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3 Application and Prayer

I. 實際應用 Application

A. 有效溝通（Barnett，2016，第 37 頁）
Communicate effectively (Barnett, 2016, pg. 37)

1. 沒有效果的做法
What does not work

a) 懇求成癮者停止使用成癮物質
Pleading with the addict to abstain from the substance
b) 強迫或要求成癮者改變他／她的行為
Demanding the addict to change his/her behavior
c) 因成癮者對他人生活所造成的干擾而責怪他／她
Blaming the addict for interruptions caused in other's lives
d) 用孤立或斷絕關係來威脅成癮者（例如：「你再也見不到我了。」等）
threatening the addict with isolation techniques ("you will never see me again", etc.)
e) 根據成癮者目前的狀況對其下定論或貼標籤（例如：「你永遠都不可能成為一位好……」）
Judging the addict based on present characteristics ("you will never be a good…")
f) 因成癮者的行為而責罵、羞辱或斥責他／她
Berating the addict for his/her actions
g) 誇大成癮者的行為，希望藉此讓他／她承認或意識到自己的問題
Exaggerating the behavior of the addict to have them acknowledge/realize his/her conduct

2. 有效果的做法（Barnett，2016，第 41–44 頁）
What does work (Barnett, 2016, pgs. 41-44)

a) 誠實面對自己與成癮者之間的相處過程。談論自己的感受，但不要把這些情緒發洩在成癮者身上。
Be truthful about your experience with the addict. Talk about your feelings, but do not take them out on the addict.
b) 鼓勵他／她去尋求幫助，而不是直接要求他／她立刻戒除成癮物質，因為這樣容易讓對方感覺是在請求或下最後通牒。
Ask them to get help, but not to quit as this can seem like a petition or an ultimatum.

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c) 提供具體可行的協助方式，但不要一直催促或糾纏對方。這樣可以把責任重新交還給成癮者，而不是由家人或朋友承擔。
Identify specific forms of help, but do not hound them about it. This shifts the responsibility to the addict and takes it off of the family member/friend.
d) 傾聽他／她，但不要急著給建議。針對個人生活問題提出建議，往往會使焦點偏離真正需要處理的成癮問題。
Listen to them, but do not advise. Giving advice for personal problems takes focus off of the addiction.
e) 肯定對方正向的改變，但在稱讚時要謹慎。應當肯定成癮者已經完成的復原行動，而不是稱讚他／她尚未實現的承諾或戒癮計畫。
Acknowledge positive signs, but be careful with praise. Commend the addict for completed actions taken towards recovery and not promises or plans to abstain from using.
f) 表達你的愛，但不要試圖消除成癮所帶來的痛苦。
Express love, but do not try to soothe from pain caused by addiction.
g) 選擇合適的時機談論成癮問題，但不要一直等待所謂「最完美的時機」。也不要刻意安排正式會談，因為等待的過程只會讓成癮問題持續惡化。
Choose a good time to talk about substance use, but do not try and wait for the perfect moment. Do not try and schedule a meeting as this allows time for the addiction to progress.

B. 為自己，也為成癮者建立健康的界線（Barnett，2016，第 55–56 頁）
Set healthy boundaries for you and for them (Barnett, 2016, pgs. 55-56)
1. 確保你所設立的界線，符合自己的目標與人生優先次序。
Ensure boundaries are related to your goals and priorities.
2. 健康且堅固界線的七個特質:
Seven qualities of a strong boundary:
a) 界線是可以持續維持的。即使成癮者抱怨或抗議，你仍然能夠堅持這條界線。
It is sustainable. You can uphold the boundary even when addict complains about it.
b) 界線是清楚明確的。它毫不含糊、簡單明瞭，而且沒有討價還價的空間。
It is clear. Boundary is unmistakable, simple and nonnegotiable.
c) 界線是關於你自己，而不是關於成癮者。它反映的是你如何與成癮者相處，以及你希望如何生活。
It is about you, not the addict. It is about life as you experience it with the addict.
d) 界線能減輕你的負擔。即使堅持界線並不容易，它仍然會讓你感到鬆了一口氣。
It lightens your load. The boundary gives you a feeling of relief, even if it is hard to keep.
e) 界線能幫助你度過艱難時刻。它能幫助你拒絕那些實際上對成癮者沒有幫助

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的要求，而不是一再說「好」。
It helps you in tough moments. It helps you avoid saying yes to requests that might not help the addict.
f) 界線是立即生效的，而不是未來某一天才開始。真正的界線既不是威脅，也不是承諾；它只是誠實表達你目前真實的立場。
It is in effect now, not at some point in the future. A true boundary is neither a threat nor a promise. It is a report of your present reality.
g) 如果將來有需要，你可以調整界線。當界線已經不再符合你的需要，或當你認為眼前的危險程度已經超過原本界線所考量的情況時，你可以修改或取消這條界線。
You can change it later if you want to. You should be able to adjust or remove it when it no longer fits your need or when you decide immediate danger outweighs it.

3. 協助成癮者的家人制定一套行動計畫，以便當他／她又想繼續支持成癮者的不健康行為時，可以有所因應。
Come up with an action plan for the loved one to do when he or she feels the need to continue to support the unhealthy behavior of the addict.
a) 打電話給一位值得信任的人，與對方談談自己的處境。
Call someone trustworthy and talk to them.
b) 找一位禱告同伴或問責任夥伴（Accountability Partner），幫助自己忠於既定的計畫。
Have a prayer partner/accountability to someone else to help them stick to plan.
c) 投入一項興趣、嗜好或其他活動，使自己的注意力不再一直集中於如何幫助成癮者。
Participate in a hobby or other activity that will take his or her mind off of helping the addicted.
d) 透過擔任志工等方式，以更有建設性、更有意義的方法去幫助其他有需要的人。
Help other in more productive ways by volunteering.

<u>禱告 Prayer</u>

A. 首先，感謝並肯定這位當事人／家屬有勇氣前來尋求幫助與支持。\
Begin by thanking/applauding individual/family member(s) for having courage to seek help and support.
B. 在禱告中，將會談中所提到的各項掙扎帶到神面前。
Address in prayer the struggles that have been addressed in the meeting.
C. 肯定這位當事人／家屬正在努力為神而活，並願意按照神的方式行事。
Acknowledge individual/family member(s) is/are striving to live for God and do things God's way.

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D. 為著聖靈帶來改變與介入禱告。
Pray for change/intervention by the Holy Spirit.

1.（參考範例）親愛的神，我們感謝祢，因祢感動了這位弟兄／姊妹的心，使他（她）為自己所愛的人憂心，盼望他（她）能從成癮的捆綁中得著釋放。感謝祢賜給他（她）勇氣，願意前來尋求支持，學習如何面對目前的處境。祢在祢的話語中說，當我們軟弱的時候，祢就使我們剛強；祢的能力，是在人的軟弱上顯得完全。我們此刻禱告，當這位弟兄／姊妹所愛的人再次前來向他（她）要錢，以支持自己的成癮行為；或要求提供住處；或提出任何其他可能縱容成癮的請求時，求祢賜給他（她）力量，使他（她）能站立得穩。神啊，祢並沒有賜給祢的兒女膽怯的靈；祢也不要我們為那些超出自己能力所能掌控的事情憂慮、焦急。我們將這一切都交託在祢手中，並將這位成癮者完全交給祢，求祢以祢的憐憫與恩典親自對待他（她）。我們也祈求祢將平安賜給這位弟兄／姊妹，以及所有因這件事情而受到影響的家人，使他們的心思意念都能得著安息。求祢賜給他們持久的忍耐、堅持到底的力量，使他們能勝過眼前的困境；也求祢的聖靈在每一個需要的時刻、每一個需要的地方親自介入動工。我們奉主耶穌基督的名禱告，阿們。
(Optional prayer) God, we thank you for touching the heart of this individual with concern for their loved one to free them from the slavery of addiction. Thank You for allowing this individual to have the courage to come in seek support in dealing with this situation. You said in Your Word when we are weak You are strong. That Your strength is made perfect in our weaknesses. We pray right now that You will give this individual strength when their loved one comes to them asking for money to support their habit, needing a place to stay or any other requests that may be asked when it comes to enabling the addiction. God, You have not given Your children the spirit of fear neither are we to be anxious and worry about things that are out of our control. We give this situation over to You, we place the one who is addicted into Your hands that You will deal mercifully and graciously with them. We pray that You give peace to the heart and mind of this individual as well as any other family members that are affected by this situation. Give them the stamina and the strength to overcome this situation and that Your Holy Spirit will intervene when and where necessary. We ask all of these things in Jesus name. Amen.

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4 Recommended Resources

Barnett, R.（2016）。《家中有成癮者：帶領家庭走過成癮與康復的實用指南》（*Addict in the House: A No-Nonsense Family Guide Through Addiction and Recovery*）。美國加州奧克蘭（Oakland, CA）：New Harbinger Publications, Inc.

John Bevere（2004）。《撒但的誘餌》（*The Bait of Satan*）。美國佛羅里達州雷克瑪麗（Lake Mary, FL）：Charisma House。

Gerald G. May（1988）。《成癮與恩典：在成癮醫治中的愛與靈性》（*Addiction & Grace: Love and Spirituality in the Healing of Addictions*）。美國紐約州紐約市（New York, NY）：HarperOne／HarperCollins Publishers。

David Sheff（2008）。《美麗男孩：一位父親陪伴兒子走過成癮的旅程》（*Beautiful Boy: A Father's Journey Through His Son's Addiction*）。美國紐約州紐約市（New York, NY）：First Mariner Books。

Mental Health America。〈依附關係（Codependency）〉。取自：Mental Health America 官方網站。

Barnett, R. (2016). Addict in the house: A no-nonsense family guide through addiction and recovery. Oakland, CA: New Harbinger Publications, Inc.

Bevere, J. (2004). The Bait of Satan. Lake Mary, FL: Charisma House

May, G. (1988). Addiction & grace: Love and spirituality in the healing of addictions. New York: NY. HarperOne Collins Publishers.

Sheff, D. (2008). Beautiful Boy: A father's journey through his son's addiction. New York, NY: First Mariner Books

Mental Health America. Retrieved from http://www.mentalhealthamerica.net/co-dependency

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5 Taking it to the Church

教會因應之道:

「將我們所有成癮的家人交託給主」
作者： 妮可・瓊斯
"Casting All Our Addicts on Him"
By Nicole Jones

重點: 放下那份試圖「改變」成癮者的重擔。不要依靠自己的能力，而要相信，神能夠處理那些人類的心與靈所無法解決的問題。那些家中有成癮者的人，有時會陷入依附關係的狀態，在內心不斷掙扎，獨自背負沉重的擔子。真正應該背負這份重擔的是神，而不是成癮者的家人。

Focus: Release the weight of trying to "fix" the addict. Instead of depending on the self, trust that God will handle what the human heart and spirit cannot. Individuals who deal with addicted family members fall sometimes into state of codependency and war within themselves bearing the burden. God is meant to carry the burden, not the loved one.

> **彼得前書 5:7**「你們要將一切的憂慮卸給祂，因為祂顧念你們。」
> **1 Peter 5:7** (KJV) Casting all of your cares on him because he cares for you.

當家人長期與成癮者密切接觸時，彼此的關係很容易逐漸陷入一種不斷向下惡化的惡性循環。家人起初往往懷著善意，希望幫助成癮者戒除成癮物質；然而，一位沒有成癮的人越是照顧成癮者，就越容易開始承擔原本應該由成癮者自己負責的責任。久而久之，這種關係便會發展成依附關係，而這種依附關係所造成的影響，往往比對成癮者本身的影響更深地落在那位沒有成癮的家人身上。

When family members are in close contact with those who are addicted to a substance, it can become a situation that turns into a downward spiral. The family member can start off with good intentions in helping the addicted abstain from the substance; however, the more a sober person looks after the addicted the more he or she begins to take on the responsibility of the addicted. This in turn develops into a co-dependency relationship which can affect the sober person more than the addicted.

美國健康心理協會指出，依附關係會使一個人逐漸失去對自己需要、渴望以及自我認同的感受。他們會不斷向外尋求滿足，希望藉此讓自己感覺好一些。他們容易產生低自尊，也越來越難做真正的自己。因此，他們也可能逐漸形成另一種與物質無關的成癮行為。隨著成癮者越來越依賴他們，他們自己也開始依賴這種不健康的照顧者角色，並從「被需要」這件事當中獲得一種滿足感。

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Mental Health America states that codependency leads to losing a sense of one's own needs, desires and identity. They look for external fulfillment to try and make themselves feel better. They develop low self-esteem and find it difficult being themselves, Because of this they too can cultivate an addiction that is not substance-related. As the addict relies more on them, they become dependent on the unhealthy caretaking and develop a satisfaction of being "needed."

> **馬太福音 6:25-34** 25「所以我告訴你們，不要為生命憂慮吃什麼、喝什麼；也不要為
> 身體憂慮穿什麼。生命不勝於飲食嗎？身體不勝於衣裳嗎？26你們看那天上的飛
> 鳥，也不種，也不收，也不積蓄在倉裡，你們的天父尚且養活牠們。你們不比飛鳥
> 貴重得多嗎？27你們哪一個能用思慮使自己的壽數多加一刻呢？（或譯：使自己的
> 身量多加一肘呢？）28何必為衣裳憂慮呢？你們想野地裡的百合花是怎樣長起來
> 的；它也不勞苦，也不紡線。29然而我告訴你們，就是所羅門王極榮華的時候，他
> 所穿戴的，還不如這花一朵。30你們這小信的人哪！野地裡的草，今天還在，明天
> 就丟在爐裡，神還給它這樣的妝飾，何況你們呢？31所以，不要憂慮，說：「吃什
> 麼？喝什麼？穿什麼？」32這都是外邦人所求的；你們的天父原知道你們需要這一
> 切。33你們要先求神的國和神的義，這一切東西都要加給你們了 34所以，不要為明
> 天憂慮，因為明天自有明天的憂慮；一天的難處一天當就夠了。
>
> **Matthew 6:25-34** (KJV) 25 "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? 26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? 27 Which of you by worrying can add one cubit to his stature? 28 "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; 29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these. 30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? 31 "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. 33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

基督徒蒙召要幫助他人，但不是以依附關係的方式去幫助。一個人若一味承擔他人的責任，卻任由自己逐漸耗損、衰弱，這並不是神呼召祂兒女去愛人的方式。那些家中有成癮者的人，往往容易依靠自己的能力，試圖改變成癮者，而不是倚靠神的大能，使成癮者真正經歷生命的改變。在成癮者的復原過程中，家人確實有許多實際可以參與和提供協助的事情；然而，這一切都必須建立在成癮者自己已經決定願意改變的前提之上。
Christians are called to help others, but not in a codependent manner. Taking on the responsibility while allowing the self to deteriorate is not how God called His children to love others. Individuals who have loved ones addicted to substances often become reliant on the power of the self instead of depending on the power of God for transformation of the addicted.

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There are practical things family members can participate in during recovery, but only after the addict has decided himself to change.

本課的主題經文教導信徒，要將一切憂慮卸在耶穌的腳前，因為神並沒有呼召我們背負重擔，直到自己被壓垮、自我毀滅的地步。聖經確實吩咐我們，在能力所及的情況下要幫助他人；然而，有些時候，人的力量是不足夠的。當門徒無法趕出那位被帶到耶穌面前之孩子身上的鬼時，耶穌告訴他們，這一類的鬼，若不藉著禱告和禁食，就不能趕出去。這項教導，同樣可以應用在物質成癮者的身上。成癮的權勢，並不能單靠人的意志力被勝過，而是需要聖靈的介入與工作。甚至在戒酒匿名會（Alcoholics Anonymous，簡稱AA）的十二步驟戒癮計畫中，也承認並鼓勵成癮者依靠一位「更高的力量（Higher Power）」，並願意放下對一切的掌控；這也被視為成癮者能夠成功戒癮的重要關鍵之一。
The focus verses instruct believers to lay their worries at the feet of Jesus as they are not called to take on a burden to the degree that they self-destruct. Scripture does make a charge to help when possible; however, sometimes human power is not enough. When the disciples could not cast out the demon of the child brought before them, Jesus told them it was only by prayer and fasting that the demon could be cast out. These instructions can be related to addicts of substance abuse. The power of addiction cannot be destroyed by human will alone but requires the intervention of the Holy Spirit. Even in the 12-step program of Alcoholics Anonymous, reliance and relinquishment of control to a “higher being” is recognized and even encouraged for the substance abuser to be successful.

如果將《馬太福音》6:25–34 的內容，改寫成專門對成癮者家人所說的信息，大概會是這樣：「所以，我告訴你們，不要為他們的生命憂慮，不要憂慮他們吃什麼、喝什麼、穿什麼。人生豈不比一直為別人憂慮更重要嗎？你們看那天上的飛鳥，牠們既不種，也不收，也不積蓄在倉裡；然而，你們的天父尚且養活牠們。你的親人豈不比飛鳥更寶貴嗎？你們當中有誰能藉著憂慮，使自己所愛的人停止濫用成癮物質呢？既然如此，你們為什麼還要因為憂慮他們，而使自己精疲力竭，甚至逐漸耗盡自己、走向自我毀滅呢？那些無法照顧自己的人，我尚且照顧；那些毫無資源的人，我也供應他們的需要。我曾帶領以色列人在曠野四十年，他們從未有任何缺乏。如果我尚且照顧那些被社會忽略的人，以及那些一再抗拒、拒絕聽從我聲音的人，我豈不更會照顧你所愛的人嗎？所以，不要再為他們住在哪裡、吃什麼、喝什麼而憂慮。不要忽略你自己，也不要忽略你與我之間的關係；因為，唯有藉著我的能力，他們若願意，才能真正得著釋放。」
If Matthew 6:25-34 could be rewritten to fit the loved one of the addicted it may sound like this: “Therefore I say do not worry about their life, what they will eat, what they will drink or put on. Is not life more than worrying about others? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are they not of more value than them? Which of you by worrying can make your loved one abstain from abusing substances? So why do you become drained and self-annihilate worrying about them? Even those who are not able to do for themselves I take care of and those who are without resources I make provision for and led the children of Israel in the wilderness for forty years and they never lacked. So if I have taken care of those who are marginalized and those who were resistant in following my voice,

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how much more will I care for your loved one? Therefore, do not worry about where they will sleep or what they will eat or drink. Do not neglect yourselves nor your relationship with me, for only through my power can they be delivered if they are willing."

成癮者的家人，需要將掌控權交給那位真正掌管萬有的神。當人的能力不足時，神的大能必補足人的不足。哥林多後書 12:9–10，保羅提到主耶穌回答他說：「我的恩典夠你用的，因為我的能力是在人的軟弱上顯得完全。」保羅接著說：「因我什麼時候軟弱，什麼時候就剛強了。」因此，保羅反而因自己的軟弱而榮耀神，因為他知道，神的大能必定供應他自己所沒有的能力。那些正在面對家人濫用成癮物質的人，必須認清一件事：單靠自己，他們沒有能力去「拯救」那位成癮者。
The loved one needs to release control to the One who is in control. When human ability is not sufficient God's power provides what is lacking. In 2 Corinthians 12:9-10, Paul states that Jesus answered him, "My grace is sufficient for you. My strength is made perfect in your weakness." Paul continues to say, "for when I am weak, then I am strong" therefore he glorified God in his shortcomings because he knew God's power would supply what he did not possess. Loved ones who are dealing with family members who abuse substances must recognize they do not have the ability alone to "save" the individual.

> 箴言 3:5「你要專心仰賴耶和華，不可倚靠自己的聰明；在你一切所行的事上都要認定祂，祂必指引你的路。」
> Proverbs 3:5 KJV Trust in the Lord with all of your heart and lean not unto your own understanding, in your ways acknowledge him and he will direct your paths.

成癮者的家人，應當使自己從那種不斷哀求、懇求、討價還價、甚至威脅成癮者去尋求幫助所帶來的重擔與壓力中得著釋放，並且相信，主在他們所面對的處境中仍然掌權。倚靠人的方法和計畫，只會產生人的結果。無論是家人還是成癮者，自我毀滅都源於單靠人的能力。家人若把主要精力都耗費在防止成癮者接觸成癮物質上，很容易耗盡自己的時間、精力與資源。另一方面，成癮者卻仍然持續濫用成癮物質，並操控他人，協助自己取得下一次購買成癮物質所需的金錢或資源。在同一段關係中，存在著兩個人，卻有著兩個完全不同的目標。一方無法控制自己走向自我毀滅的傾向；另一方則可以選擇信靠主，避免自己也走向自我毀滅。這並不是說，家人從此就不再關心成癮者。而是說，他們可以停止依賴自己的技巧、策略和方法，而選擇相信神必定會在成癮者的生命中動工。家人的責任，是協助成癮者走在復原的過程中，並幫助他（她）持續走在康復的道路上。
Loved ones of addicts should free themselves from the burden and stress of trying to beg, plead, bargain and threaten the individual into getting help and trust that the Lord is sovereign in their situation. Depending on human tactics and plans will only produce human results. Self destruction for both the family member and the addict comes from human ability. The family member's primary job becomes exhausting energy and resources in keeping the addict away from substances. The addict continues abusing substances and manipulating others to help with the next purchase. Two people, with two different goals in one relationship. One cannot control

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his or her ability to self-destruct, but the other can trust in the Lord to prevent self-destruction. This is not to say that the loved one stops caring about the individual, but they can stop relying on their tricks and tactics and trust God will work in the life of the addict. The job of family members is to assist in the recovery process and help the individual to stay on path of recovery.

當一個人幫助自己所愛的成癮者時，會經歷許多情緒上的掙扎與挑戰，因此，很容易覺得自己一次又一次的努力似乎都毫無效果。唯有當我們願意讓神真正作神時，祂的大能才能真正彰顯出來。正如耶穌回答門徒有關人的得救時所說：「在人這是不能的，在神凡事都能。」同樣地，我們也可以這樣說：單靠我們自己的力量，不可能真正幫助一位因成癮物質而使心思意念受到改變的人；但是，在神凡事都能。沒有任何一種自由，比知道自己所愛的人已經被交託在宇宙萬物創造主的手中，更令人得著釋放。而且，無論在任何時候，只要那位成癮者願意向神呼求幫助，神都會張開雙臂，在那裡等候著他（她）。
It may seem with all of the emotions and struggles involved in helping a loved one with an addiction that the countless attempts seem to be of no avail. It is only when God is given the chance to be God that His power can truly be seen. Just as Jesus responded to the disciples concerning the salvation of man, “with man it is impossible, but with God all things are possible” so it can be said with our strength alone it is impossible to help someone whose mind has been chemically altered, but with God all things are possible. There is no greater freedom than knowing that a loved one is released into the hands of the Creator of the universe and at any point that individual can call to God for help and He will be there waiting with arms open wide.

> **馬太福音** 11:28-30 [28]「凡勞苦擔重擔的人，可以到我這裡來，我就使你們得安息。[29]我心裡柔和謙卑，你們當負我的軛，學我的樣式；這樣，你們的心靈就必得享安息。[30]因為我的軛是容易的，我的擔子是輕省的。」
> **Matthew 11:28-30** (KJV) [28] Come to Me, all you who labor and are heavy laden, and I will give you rest. [29] Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. [30] For My yoke is easy and My burden is light.”

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