

# The Family Guidelines

- 1. Go Slow**  
Recovery takes time. Rest is Important. Things will get better in their own time.
- 2. Create Barriers To Over Stimulation**  
Enthusiasm is normal. Tone it down. Disagreements are normal. Tone it down too.
- 3. Give Each Other Space**  
Time out is important for everyone. It's okay to reach out. It's okay to say "no".
- 4. Set Limits**  
Everyone needs to know what the rules are. A few good rules keep things clear.
- 5. Ignore What You Can't Change**  
Let some things slide. Don't ignore violence.
- 6. Keep It Simple**  
Say what you have to say clearly in the fewest words, calmly and in positive terms.
- 7. Follow Doctor's Orders**  
Take Medications as they are prescribed. Take only medications that are prescribed.
- 8. Carry-On With Business As Usual**  
Reestablish family routines as quickly as possible. Stay in touch with family and friends.
- 9. No Street Drugs or Alcohol, moderate caffeine use and smoking**  
They make symptoms worse, can cause relapse, and prevent recovery.
- 10. Pick Up On Early Signs**  
Note changes. Consult with your family and treatment team.
- 11. Solve Problems Step- By- Step**  
Make changes gradually. Work on one thing at a time.
- 12. Lower Expectations Temporarily**  
Use a personal yardstick. Compare this month to last month rather than this year to last year.