

The Meta Addiction Treatment Guide to
HELPING A SPOUSE RECOVER FROM ADDICTION



Meta
Addiction
Treatment

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Thank You

Thanks for downloading this guide to helping your spouse recover from addiction. All of us at Meta Addiction Treatment understand how difficult this moment can be in your lives. You want your loved one to get the help they need, but this conversation can be incredibly challenging when your spouse is unable to recognize or admit that they need help.

That's why we've put together this guide to walk you through some of the most critical steps in getting your spouse the help they need. From understanding key signs and symptoms of addiction to educating yourself about the recovery process, there is a path forward for you and your loved one.

If you need support at any point in your recovery journey, know that we're here to help. You can reach us anytime at (844) 909-2560 or info@metaaddictiontreatment.com.

Wishing you strength and support during this time,

The team at Meta Addiction Treatment



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5 Key Signs Your Spouse Needs Help With Their Addiction

Trying to figure out if your spouse has an addiction can be frustrating and overwhelming. Even if you live with your spouse and see them every day, recognizing and admitting that they have a problem isn't easy. In some cases, the love you have for your spouse can even make you blind to their substance use. At the same

time, your spouse may go to great lengths to hide their addiction from you. Luckily, if your spouse is struggling with addiction, helping them seek treatment sooner rather than later can help save their life and preserve your marriage. Here are 5 key signs your spouse needs addiction treatment.

1. Physical Changes

Addiction can physically change the way your spouse looks. Since you probably spend more time with your spouse than anyone else, you may notice these changes first.

Common physical signs include:

- **Flushed skin**
- **Poor balance**
- **Skin burns and rashes**
- **Twitching and tremors**
- **Unusual odor on body and clothes**
- **Bloodshot eyes or dilated, pinpoint pupils**
- **Decreased hygiene and lack of personal grooming**
- **Unexplained weight loss or gain**
- **Frequent nosebleeds**
- **“Crashing” or long periods of deep sleep**

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2. They Stop Acting Like Themselves

Addiction can also make your spouse act differently. You may not be able to pinpoint exact changes at first, but eventually, your spouse will start to act unusually. This can include:

- **Neglecting responsibilities**
- **Losing interest in hobbies and social activities**
- **Breaking off engagements without explanation**
- **Performing poorly at work or losing interest in a job or career they once loved**
- **Ignoring close friends and neglecting relationships**

You might also notice behavioral changes, including:

- **Taking prescription drugs when they are no longer needed**
- **Legal trouble, fights, accidents, and driving under the influence**
- **Sudden changes in friends and hobbies**
- **Sudden changes in appetite and sleep patterns**



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3. Their Emotional Temperament Changes

Addictive substances can also change your spouse's emotional temperament and psychological well-being. Common emotional and psychological signs of addiction include:

- **Instability**
- **Appearing tired or “spaced out”**
- **Sudden mood swings and angry outbursts**
- **Feeling overly fearful, anxious, or paranoid**
- **Increased energy followed by nervousness and paranoia**
- **Symptoms of depression such as apathy, restlessness, insomnia, isolation, and inability to concentrate**

4. They Hide Their Drug Or Alcohol Use

Most people with addiction attempt to hide their substance abuse. Often, this can look like:

- **Hiding bottles of alcohol in the house or car**
- **Collecting drug paraphernalia (which can include pipes, foils, spoons, needles, razor blades, and syringes)**
- **Storing unmarked pill bottles in the house or bathroom**
- **Making excuses for their substance use**
- **Hiding money to buy drugs or alcohol**

Witnessing any kind of ongoing suspicious behavior is a clear and common sign of addiction.

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5. They Need and Spend A Lot of Money

To help keep up with the cost of drugs and alcohol, your spouse may frequently ask for money. You may notice that money seems to disappear or never make it into a family bank account. Your spouse might also frequently borrow or steal money from family and friends. All of these signs are red flags that can indicate excessive spending on substance abuse.

If you've noticed any of these signs and symptoms with your loved one's behavior, they may be able to benefit from professional addiction treatment. Your loved one may have already attended treatment in the past or attempted treatment and failed. Either way, don't give up. They can find the lasting help they need through a reputable treatment program. You may find that your loved one could benefit from the flexibility of an outpatient recovery program, especially if they have ongoing family or professional obligations.

[Find out if your loved one is a good fit for such treatment with our brief self-directed quiz.](#)

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What Happens Next?

After you've identified that your spouse is showing signs of addiction, it's important to get them the help they need. Unfortunately this process does not always happen quickly. Here is a road map to follow as you help your spouse identify, understand, and manage their addiction.

1. Talk to a Healthcare or Addiction Recovery Professional

The first step in helping your spouse access the care they need is to enlist the support of a healthcare or addiction treatment professional. This may be your spouse's doctor or a clinical expert at a local addiction treatment program. They will help you verify whether your spouse's behavior is, in fact, addiction and provide you with resources to help your spouse get help.

2. If Necessary, Stage an Intervention

In some cases, your loved one may not voluntarily agree to attend an addiction treatment program or seek help for their addictive behaviors. In that case, you may need to stage an intervention, in which you and other family members and friends make an appeal to your spouse to get help. Luckily, many addiction treatment providers can assist with this process and provide the services of a professional interventionist. If you do go this route, make sure you fully understand and are comfortable with the intervention program before agreeing to move forward.

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3. Your Spouse Enrolls in a Professional Addiction Treatment Program

Professional treatment programs, which are designed to help your spouse break the habit of compulsive substance use, can be inpatient or outpatient. Inpatient programs provide full-time residential treatment. Outpatient programs provide flexible part-time treatment.

Here, at Meta Addiction, we specialize in outpatient recovery. Our services include:

- **Partial hospitalization**, which may be ideal for your spouse if they have previously completed a residential treatment program and need continued support.
- **Intensive outpatient**, which uses a combination of therapy, peer support, and life skills training to help individuals move towards a less structured and more hands-on recovery.
- **Outpatient**, which teaches individuals practical skills and strategies needed to ensure their recovery as they re-enter everyday life.

Without enrolling in a professional treatment program, your spouse may never fully learn how to break the habit of substance use, which can increase their risk of relapse.

4. Your Spouse—And Family—Attends Behavioral Therapy

Your spouse can greatly benefit from behavioral therapy to help them make long-term changes that can lessen their risk for further addiction. Therapy can help your loved one:

- **Understand why and how their addiction began**
- **Identify and change harmful thoughts that can lead to destructive behaviors**
- **Develop healthy coping strategies**
- **Learn to regulate emotions that may be linked to substance use**
- **Begin to deal with negative emotions**
- **Heal from past trauma**

You and other family members and friends should also take advantage of family therapy. Having your family's unconditional love and support can help your spouse remember that they are not alone on this journey. Family therapy can help your family and loved ones work through addiction-related challenges and address and change any dysfunctional patterns that may be contributing to your spouse's substance abuse.

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5. Your Spouse—And Family—Attends Peer Support Groups

Peer support groups can also be a great source of encouragement during recovery. Life was not meant to be lived alone. Most treatment programs will encourage clients to attend Alcoholics Anonymous, Narcotics Anonymous, or another 12-step support group in addition to the peer support provided by their treatment facility.

For family members and friends, programs like Al-Anon and Nar-Anon can help you better understand addiction and gain support from others who are undergoing similar experiences.

6. Your Spouse Starts to Build a Substance-Free Life

Once your spouse has enrolled in a treatment program and participated in therapy, they can start to build an alcohol-free life. Here are a few strategies you and your spouse can use to encourage lasting sobriety:

- **Find new hobbies**
- **Eat a balanced diet**
- **Exercise**
- **Explore new ways to deal with stress**
- **Meditate**
- **Try yoga**

Whatever your spouse chooses to do, you should work together towards building a life that's full of healthy, beneficial, and refreshing activities. This is your chance to live the life your spouse and your family has been fighting for. Make your life together fun, vibrant, purposeful, and sober.

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7. Your Family Seeks Aftercare Resources As Needed

Recovery can be a tricky journey, so you and your family should keep aftercare resources near and dear to you. Aftercare support can help your spouse and your family:

- **Create a supportive recovery environment**
- **Readjust to everyday life with your spouse**
- **Make smart career decisions**
- **Overcome major life transitions**
- **Finish school or find a new job**
- **Manage your finances**
- **Set and achieve goals**
- **Deal with legal challenges related to your spouse's addiction**

Regardless of where your spouse is on their recovery journey, you and your family can depend on aftercare programs for assistance and support.

Helping your spouse recover from addiction may feel like an uphill climb. But with patience, support, and compassion, you can help your spouse find a new sober life for the long term. If you need a helping hand, contact our team at Meta Addiction Treatment anytime at (844) 909-2560 or info@metaaddictiontreatment.com.