

# A Strong Support: Helping Your 'Other' During Rehab



By Annette Hazard

If you have a significant other in rehab, it is important for you to understand that they made a positive decision in their life. Seeking help for an addiction or problem can be incredibly beneficial for the person who needs help, but it is also important for you to lend support to them so that they know that there are people who are there for them and that care about their well-being. There are quite a number of ways that you can support your girlfriend or boyfriend while they're in a rehab center.

**Be Patient**

Addictions are normally very powerful and can overcome a person's life. Because of this, it can be very difficult for someone to get over an addiction that they've been struggling with. Instead of asking your significant other if they've gotten over their addiction yet when you visit them in rehab, it is important for you to tell them that you know it takes time and that you will be there for them throughout the whole process. When you are patient with someone who has an addiction, you are allowing them to get healthy without too much pressure.

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### **Be Gentle**

Being gentle with someone who is in rehab is very important for their recovery. Going into a rehab and calling your partner every name in the book to show them tough love is doing nothing but hurting their feelings and making them feel badly about themselves. Even though you should never tolerate an addiction, you should tolerate and be gentle with the person who has one. Showing tough love might seem like a good idea but for someone who has an addiction, it can be triggering to know that someone you care about thinks it's alright to call you names and tell you that you're weak.

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### **Be There**

If your significant other is in a rehab center, it is so important for you to let them know that you're always there for them and have not abandoned them. One reason why a lot of people avoid going to rehab is because they are afraid that their lives outside will fall apart while they're trapped in an addiction facility. Take advantage of visiting times and speak with the director of the rehab center to learn more

about ways you can contact your loved one inside. Take advantage of everything offered by the rehab center and be with your loved one on a regular basis.

*Annette Hazard is a freelance writer that is currently promoting a rehab center that you can learn more about by visiting [www.gulfcoastdrugrehab.com](http://www.gulfcoastdrugrehab.com) . She usually writes about health related issues.*