

## 8 Helps for Loved Ones

Topic : #801

Category: Relationships/Family



*I will instruct you and teach you in the way you should go; I will counsel you and watch over you. Psalm 32:8 (NIV)*

1. **Educate Yourself:** Learn about the illness, do research online, talk to other family members.
2. **Remember “It’s the Illness”:** Separate the illness from your loved one. When your loved one is experiencing symptoms adapt your view and mode of communication.
3. **Listen with Compassion:** sometimes the best thing you can do is just listen and validate your loved one.
4. **Have a Sense of Humor:** laughter can be the best medicine.
5. **Support Yourself:** It can be draining loving someone with a mental illness, you need support too.
6. **Make Rules:** agree on a list of “warning signs” and actions to be taken when they surface.
7. **Plan Ahead:** make a list of people you can call – psychiatrists, hospitals, support group, make arrangement ahead of time to have proper consent, have insurance information handy.
8. **Share Your Burden:** Pray for your loved one. When they act unlovable, let Jesus love them through you.

### Discussion Questions:

1. What are ways you have educated yourself about your loved ones illness?
2. What is the best way to go about developing a list of warning signs and arranging authorization to talk to your loved ones support group and/or psychiatrist?
3. What type of support is available for you? Favorite Books? Websites? Groups?
4. What is your greatest challenge in dealing with your loved ones behavior? Have others in the group experienced the same challenge? What helped?

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