

# Rehab Gives Exclusive Look at Alcoholic Spouse

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San Diego, CA ? Healthy U is a local substance use disorder and mental health treatment facility that recently published a blog looking into how to help an alcoholic spouse. Their program features flexible options for both adults and adolescents.

?Living with a spouse or partner who is managing an alcohol use disorder can take a toll on your emotional well-being, family life, and overall relationship dynamic. Alcohol use disorder is characterized by an inability to control drinking despite its negative consequences and is a mental health condition that affects many. Navigating this complex situation requires understanding, patience, and actionable steps to foster a supportive and healthy environment for both you and your partner.

If you feel your spouse or partner may have an alcohol use disorder or are already aware of the situation, it?s essential to equip yourself with knowledge and strategies to address it compassionately. Let?s talk about how you can support yourself and your partner through the warning signs, impacts, coping strategies, communication tips, and ways to be there for your partner in managing their alcohol use disorder,? the blog states.

Living with a partner managing an alcohol use disorder can have profound effects on various aspects of personal life. Emotional stress can lead to feelings of anger, frustration, sadness, or helplessness when trying to manage everything around the spouse?s drinking. This can also affect family dynamics, including the children in the household. They may experience confusion, fear, or anxiety due to inconsistent behaviors from the affected parent.

Financial strain also has an impact on everyday life. Frequent alcohol purchases, job instability, or medical expenses related to alcohol use disorder can create financial stress and pressure. This added stress can take a toll on personal physical and mental health, leading to anxiety, depression, or fatigue. Expressing these feelings can be difficult as talking about the spouse to others may increase guilt, stress, and frustration.

?Coping with a spouse?s alcohol use requires keeping yourself as a priority. Start by learning about alcohol

use disorder to better understand your partner's condition and its underlying causes. Taking this step will help prepare you for conversations that involve your spouse's alcohol use and next steps.

Don't be afraid to set boundaries. Establish clear and set boundaries and do not waiver from them. These can include not buying alcohol with joint bank account money, not borrowing your car while drinking, or anything that helps with your comfort. Boundaries are healthy, and keeping your spouse accountable can keep your mind at ease. By sticking to your boundaries, you will also avoid enabling your partner.

Prioritize yourself with support groups and self-care. You will not be available to help your spouse if you are not feeling your best mentally. Support groups can provide insight and give you a space to express your feelings. Self-care helps you feel your best physically, improving your mood and self-confidence, the article continues.

Communicating with the spouse about alcohol use should be done during a non-stressful time. Refer to them as a person, not a problem. Listen with a supportive ear and offer guidance where applicable. The spouse is most likely feeling guilt or shame, adding to these feelings will not help the situation. Have treatment options ready or offer to discuss options with them.

Healthy U is located in San Diego and offers programming for alcohol use disorder as well as other mental health and substance use disorders. Their treatment options are available to all, including teens, adults, members of the LGBTQIA+ community, and veterans. Through partial hospitalization and intensive outpatient programming, the treatment program is flexible and fits a variety of schedules.

To learn more about Healthy U, call (619) 304-0426 or visit their website.

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## **Healthy U Behavioral Health**

*Healthy U Behavioral is an established in-network provider for a broad spectrum of behavioral services such as Substance Use Disorder, Depression, Anxiety, and Trauma with separate programs for Adolescents (13-17) and Adults.*

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