

### **Six Survival Skills for Couples and Families**

1. **S**eparate yourself, detach from the problem
2. **S**et limits, roles, and boundaries
3. **S**olidify your position – know where you stand
4. **S**upport sobriety
5. **S**implify your approach by setting small goals
6. **S**ustain your physical, mental, & spiritual health

Jan Ligon, PhD, LCSW, [jligon@gsu.edu](mailto:jligon@gsu.edu)

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