Six Survival Skills for Couples and Families

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

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