

Coping with Difficult Behaviour: Do's and Don'ts¹

Family Guidelines

Here is a list of things that everyone can do to help things run more smoothly:

- ✿ **GO SLOW.** Recovery takes time. Rest is important. Things will get better in their own time.
- ✿ **STAY CALM.** Enthusiasm is normal. Tone it down. Disagreement is normal. Tone it down too.
- ✿ **GIVE THEM SPACE.** Time out is important for everyone. It's OK to offer. It's OK to refuse.
- ✿ **SET LIMITS.** Everyone needs to know what the rules are. A few good rules keep things calmer.
- ✿ **IGNORE WHAT YOU CAN'T CHANGE.** Let some things slide. Don't ignore violence or the use of illegal drugs.
- ✿ **KEEP IT SIMPLE.** Say what you have to say clearly, calmly and positively.
- ✿ **FOLLOW DOCTOR'S ORDERS.** Take medicine as prescribed. Take only tablets that are prescribed.
- ✿ **CARRY ON BUSINESS AS USUAL.** Re-establish family routines as quickly as possible. Stay in touch with family and friends.
- ✿ **NO ILLEGAL DRUGS OR ALCOHOL.** They may make symptoms worse.
- ✿ **PICK UP ON EARLY SIGNS.** Note changes. Consult with your case manager.
- ✿ **SOLVE PROBLEMS STEP BY STEP.** Make changes gradually. Work on one thing at a time.
- ✿ **LOWER EXPECTATIONS TEMPORARILY.** Use a personal yardstick. Compare this month to last month rather than last year or next year.