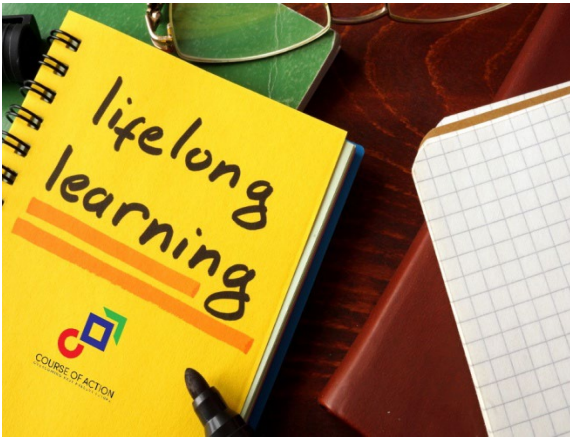




“NO ONE CAN DO IT ALONE”



Why do I continue when I know I need change?  
 Why do I stay involved when I know something is not right?  
 If my friend was in my shoes, would I point it out?  
 If I could change it by just thinking it different, would I?  
 If I was looking at me, what would I think?  
 Will it change if I do nothing?  
 Why?  
 Why?  
 Why?

Kevin Hyland, President  
[Kevin.courseofaction@gmail.com](mailto:Kevin.courseofaction@gmail.com)

### The Team

Kevin Hyland - President and Founder  
 Catherine Hyland - COO/Treasurer  
 Kevin Shay Rodriguez/ Director

- ❖ “Addiction: the disease that makes you too selfish to see the havoc that you created or care about the people whose lives you shattered.”
- ❖ “Addictions ... started out like magical pets, pocket monsters. They did extraordinary tricks, showed you things you hadn’t seen, and were fun. But came, through some gradual dire sorcery to make decisions for you. Eventually, they were making your most crucial life decisions. And they were ... less intelligent than goldfish.” – William Gibson
- ❖ “Every worthy act is difficult. Ascent is always difficult. Descent is easy and often slippery.” – Mahatma Gandhi
- ❖ “Don’t judge each day by the harvest you reap but by the seeds that you plant.” – Robert Louis Stevenson
- ❖ “I am not defined by my relapses but by my decision to remain in recovery despite them.”
- ❖ “My recovery must come first so that everything I love in life doesn’t have to come last.”

### Check out the new Blogs

<https://www.courseofaction.org/2025/02/10/what-exactly-is-one-thinking/> Relapse by KH

<https://www.courseofaction.org/blogs/other-testimonies/finding-hope-through-personal-testimonies/>  
 Testimonies by JH

## MISSION STATEMENT

Our mission at Course of Action is to help you overcome your past, present, and future by showing you how to live a healthier life. Although we will work with addicts, we have found over the years that we are most effective by working directly with people who find themselves in the wake of an addict.

***“Your actions and course today determine your destination tomorrow.”***

Please be advised of Kevins new email;  
[kevin.courseofaction@gmail.com](mailto:kevin.courseofaction@gmail.com)  
 OUR website is the same!

*There are times in relationships when we cross that sometimes invisible line between truly being helpful and supportive~ and acting as enablers or becoming co-dependent with another person:*

1. *Do you find yourself worrying about a person in ways that consume your time, or do you find yourself trying to come up with solutions to his/ her problems rather than letting that person do the solving?*
2. *Do you find yourself afraid for this person, or convinced that he/she "cannot handle" a situation or relationship without "falling apart"?*
3. *Do you ever do something for a person which he/she could and even should be doing?*
4. *Do you ever excuse this person's behavior as being a result of "stress, misunderstanding, or difficulty coping," even when the behavior hurts or inconveniences you?*
5. *Have you ever considered - or have you - giving this person money, your car, or talked to someone for this person as a way of reducing this person's pain?*
6. *Do you feel angry if this person does not follow through with something you have suggested - or do you worry that you may not be doing enough for this person?*
7. *Do you ever feel you have a unique and special relationship with this person?*
8. *Do you feel protective of this person - even though he/she is an adult and is capable of taking care of his/her life?*
9. *Do you ever wish others in this person's life would change their behavior or attitudes to make things easier for this person?*
10. *Do you feel responsible for getting this person help?*
11. *Do you feel reluctant to refer an individual to a source of help or assistance, uncertain if another person can understand or appreciate this person's situation the way you do?*
12. *Do you ever feel manipulated by this person but ignore your feelings?*
13. *Do you ever feel that no one understands this person as you do?*
14. *Do you ever feel that you know best what another person needs to do or that you recognize his/her needs better than he/she does?*
15. *Do you sometimes feel alone in your attempts to help a person, or do you feel you may be the only person to help this individual?*
16. *Do you ever want to make yourself more available to another person, at the expense of your own energy, time, commitments?*
17. *Do you find yourself realizing that an individual may have more problems than you initially sensed and that you will need to give him/her your support or help for a long time?*
18. *Do you ever feel, as a result of getting to know this person, that you feel energized and can see yourself helping people like him/her to solve their problems?*
19. *Have you ever begun to "see yourself" in this person and his/her problems?*
20. *Has anyone ever suggested to you that you are "too close" to this person or this situation?*

*If you have answered ~"yes" to two or more of these questions, it is likely that, at one time or another - or on a regular basis - you have crossed the line from being supportive to being an enabler or co-dependent. Let's talk about it, 97% of the population falls into being an enabler sometime during their life.*

Source---Sharon Wegscheider-Cruse <https://www.soberrecovery.com/forums/>

*Donate - Course of Action is a non-profit (501 [c] [3]) corporation. Family members and friends have a role to play in either helping or hindering an addict's recovery. At COA our goal is to help those who are coping with a family member or friend who finds they are in active substance abuse. To find solutions, support and hope. encourage your loved one to seek treatment and recover from their substance abuse. Please Help us help you with a donation to COA. <https://www.courseofaction.org/donate/>*

RESOURCES – Check out resources on our website <https://www.courseofaction.org/resources/websites/>

**\*NEW\*** Addiction Help. Com <https://www.addictionhelp.com/>

<https://www.samhsa.gov/find-help/helplines/national-helpline>

<https://www.nimh.nih.gov/health/topics/substance-use-and-mental-health>

Please reach out if you or someone you know is looking for a Sober-Free type living arrangement.