



# How to support without shaming

**Addiction is a response to  
trauma, not a moral failure.**

**Recovery grows in safe,  
compassionate relationships  
- Not criticism.**

**Understanding the nervous  
system makes addiction make  
sense.**

**Fight/flight = panic, escape.  
Freeze = numb, shut down.  
Safety = Where healing begins.**

**Addiction is NOT a choice.  
You are not to blame**