

“The Rule of Threes”

Well, we're almost to the end! I can hardly believe it. Today I want to share with you some genius I learned from someone in our support group, **“Live, Love, Hope”**. Let me start by saying, this is a perfect example of how we can learn from one another. This was a technique I believe she said her counsellor taught them (but I may have that wrong!) about how to handle confrontation in addiction.

As you well know, we all turn into secret agents when our loved ones *leave the house, come home, go to to the washroom, come out of the washroom, go to the kitchen, spend too much time in the basement, go to a friend's house, come home from a friend's house, spend time alone in the house...* well, you get the idea.

If we confronted our loved ones about every little thing that we were suspicious of we would drive them mad. In my case, there was a time I most certainly did confront my husband about every move he made and I believe I made a hard situation- harder. *I was too suspicious*. There was one time I visited my parents in Canada while my husband stayed home and when I came back, I searched the house for a whole week for evidence of misbehaviour because I couldn't believe that I wouldn't find something incriminating!

In case you're wondering, I didn't find anything and yes, *I was still suspicious*.

You may be in a season where every time you look for evidence, you find it. That is, after all, how we get to be the way we are now. But if your loved one is in recovery, moving toward recovery or trying to not engage in their addiction in any way, I strongly encourage you to make “The Rule of Three's” a personal boundary. If they aren't, you may want to save this one for later.

The Rule of Threes (borrowed genius! For more great help and encouragement, please join the **Live, Love, Hope Community**, linked below this video).

The Rule of Threes is very simple: You must have three suspicions, concerns or pieces of evidence before you say one word.

Let's say I find an e-cigarette that smells like marijuana. I should not freak out and confront my husband about it (like I did). What I should have done was wait until there were two other things I wanted to freak out about before talking to him.

Had I waited, it would have done a few positive things (see my friends, I am still learning as I go with you!):

- **Allowed my husband to be responsible for his own behaviour** (which is a boundary we should try to have- within reason).
- **Given God time and space to convict my husband without me becoming the "problem"**. Confronting him only gave him a reason to get defensive and make me "the bad guy", reinforcing his "need" to self-medicate his anxiety.
- **Negated a panic attack and massive fight.**
- **Allowed me to present him with more evidence of his fall-out when I had two more things to back up my opinion with.** For example, let's say he got drunk and watched porn, I could come to him then and say, "Hey! I see you falling off the wagon. You're smoking pot, drinking too much and watching porn- you should call someone for support!" instead of, "Hey! I see you falling off the wagon. You're smoking pot in an e-cigarette- you should call someone for support!". Big difference, right?

The Rule of Threes holds weight.

In the meantime, while you're holding in your concerns, that's a great time to talk to a therapist, pastor, good friend, mentor, whoever it is you turn to for support. **If you have no one, I do take a very small number of calls by donation.** I used to do it for free but I couldn't continue to commit the time, so then I made a package deal and was planning to sell mentoring sessions but I didn't feel good about charging anyone! Now, I do it by donation. If you need help, I'm happy to talk to you on the phone, Skype or Facebook video chat and you can donate what you wish to donate via my website or Paypal. **I'm not a counsellor but I can talk to you as a friend, pray with you and share my own experience in what has helped me.** Email me at hello@leahgrey.com (that's "Grey" with an "e") and I would be happy to set up a time to talk and pray with you.

Only two lessons left! I hope you're enjoying this course and it's blessing you in many ways! Don't forget your download for The Rule of Threes and I'll see you in the next lesson.