

# One mother's coaching experience

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When Yvettee first came to Face It TOGETHER, she brought her adult son, who struggles with opioid addiction. At the time, she wasn't thinking about coaching for herself.

"I wasn't caring about me," she said. "I thought I'd finally found help for my son."

As someone who nearly always puts her needs on the back burner, Yvettee wasn't sure she'd stick with loved one coaching.

"I kept thinking, 'I can do this; I'll get through this,'" she said. "But I humbled myself and went to the first appointment... I couldn't be more grateful because I don't know where I'd be in my life without this."

Like many loved ones, Yvettee had internalized a lot when it came to her son's addiction. She used to feel like she was walking on eggshells, unsure of how to help but desperately wanting to.

Coaching gave Yvettee clarity around boundaries and helped ease her guilt as a parent.

"I realized I wasn't a bad mom," she said. "I used to have a lot of guilt and wonder if I didn't do something right. It's been so freeing to get to this point."

Yvettee also learned the importance of taking care of herself. She remembers her coach asking, "What are you going to do for yourself this week?"

"My hour workout each morning is just for me, and I love it," she said. "That's my motivation every day."

Though it wasn't an easy process, Yvettee received the help she needed to set necessary, healthy boundaries with her son.

"It's been a long two years, but I have to say I'm quite at peace," she said. "I'm thankful every single day."