

CHANGE STARTS

Now



DO'S

- Use "I" statements
 - Ex. "I can't keep living like this, with alcohol taking up so much of my life."
- Speak only for yourself
- Let calls go to voicemail and wait an hour before replying to any communication
- Change cellphone notifications so you can't see messages from your locked screen
- Let your loved own handle the consequences of their behavior
- Take deep breaths - it moves your nervous system out of fight/flight
- Name and talk about your feelings
- Tend to your own needs
- Determine logical consequences that are easy to implement
- If there is a concern for safety, always call 911



DON'T'S

- Use "you" statements
 - Ex. "You've been drinking again, haven't you?"
- Be the liaison for other family members or speak for them
- Feel pressured to answer or respond quickly
- Agree to do something you're uncomfortable with
- Rescue them from their feelings
- Attempt to protect them from their own consequences
- Hide, avoid, or explode your feelings
- Preach or lecture or power struggle
- Tolerate being emotionally or verbally abused
- Make excuses for poor behavior
- Try to monitor or control their use
- Make threats that you are not prepared to carry out