

Worksheet: Four-Step Communication Plan

It's challenging to help a loved one struggling with addiction, and while you cannot fix the problem by yourself, there are important steps you can take. Start with a frank conversation expressing your concerns and offering support.

1. Plan and Prepare

Prepare your talking points and find the right time for the conversation.

2. Conversation Starter

To begin the conversation with your loved one, start by raising the subject, using sample talking points like: "I've noticed you've been drinking a lot lately and I'm worried about you."

3. Provide Feedback

For example: "I'm concerned that your drug use/alcohol use is affecting your relationships/ children/ job/ health. For instance, _____."

4. Develop an Action Plan

Let's talk about getting an assessment to help determine the right treatment and recovery plan.
