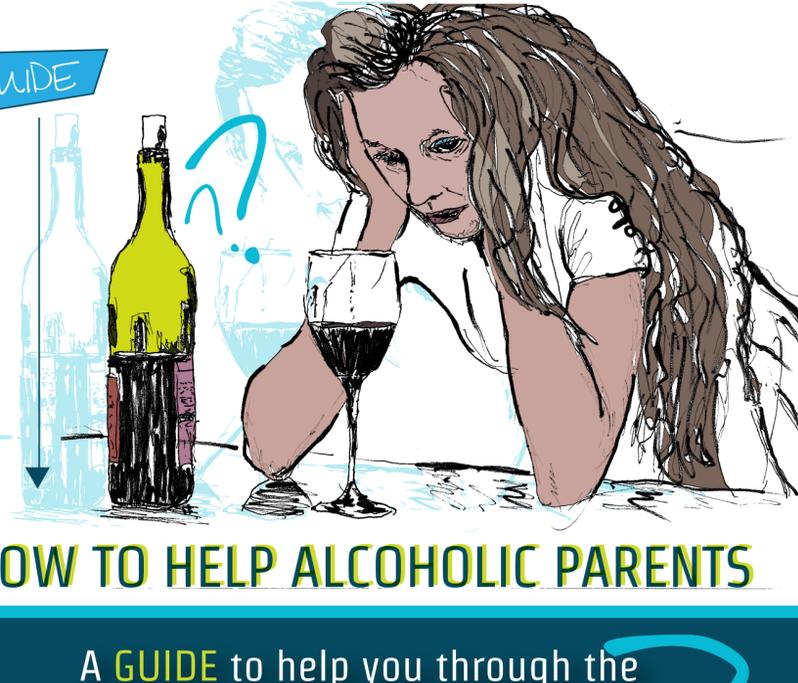


# A GUIDE

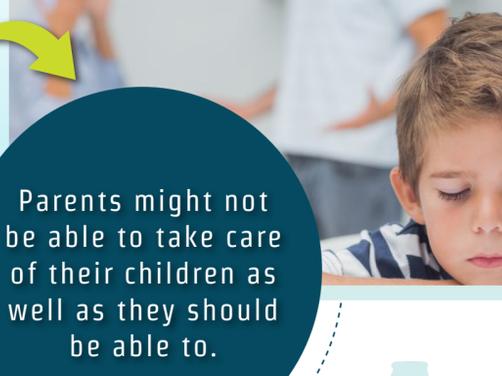


## HOW TO HELP ALCOHOLIC PARENTS

A **GUIDE** to help you through the common pitfalls and obstacles you may face along you and your parent's journey towards **SOBRIETY**.

### Who Does Alcoholism Affect?

Obviously, we know that it affects the person who is being ravaged by the addiction, but it hurts more than themselves; it damages the **ENTIRE FAMILY**.

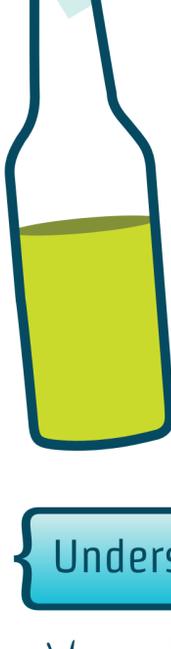


Parents might not be able to take care of their children as well as they should be able to.



Don't Let Their Alcohol-clouded Thoughts Cause You To Harbor **Resentment**. Realize That what This Person Really Needs is **UNCONDITIONAL Love** And **Support** From You In Order To Begin **CONFRONTING** Their Addiction.

### How Do You Know When it's a Problem?



- If your parent tries to hide their drink or seems ashamed when you see them drinking
- If they begin drinking when no one else is around
- If they talk about quitting, or try to quit, and then can not/will not stop
- If they have changes in behavior or mood swings
- If the drinking begins to affect daily aspects of their life, such as trouble keeping a job or taking care of their children



### Understand Why They May Be Drinking

Your Parent Is Drinking In Order To make The **Disagreeable** Reality ↓ A Little Less Real.

- DEPRESSED
- STRESSED OUT
- FEEL CONFIDENT TO FORGET
- FEEL BRAVE



ESCAPE REALITY

### Realize When To Confront Them



Under No circumstances should you start this important discussion when your parent is under the influence of alcohol. **Plan carefully, and make sure you catch them at a sober moment.**

### Know What to Say To Your Parents

Make Sure It's At A Moment When Both Of You Can Devote Your **Full Attention** To The Issue  
**START OFF ON A POSITIVE, LOVING NOTE**

Why do you feel the need to drink?

There's a few things that you need to point out to them because they may be unable to see the issues clearly



don't take it personally if your parent lashes out in anger

- Inform them how their drinking negatively affects others in their lives
- Explain the problems that have come from it
- Ask them why they feel the need to drink
- Tell them how you feel about their decision personally
- Express what actions of theirs are acceptable and what is not
- Try to convince them to get help

### How To Say It

Here's A Few Things To Keep In Mind When Having Such A Sensitive Conversation

STAY CONSISTENT

DON'T BE DISRESPECTFUL

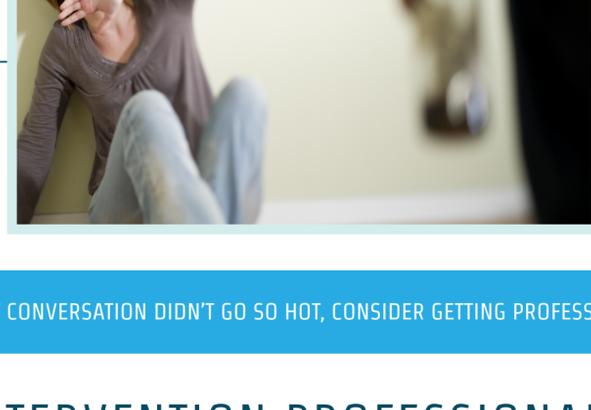
STAY STRONG

SHOW COMPASSION

BE CONCERNED FOR THEIR WELL-BEING

### Prepare For Everything

Those who abuse alcohol can have a tendency toward **violence**. If a parent becomes abusive in any way, don't be afraid to **leave**.



IF THE FIRST CONVERSATION DIDN'T GO SO HOT, CONSIDER GETTING PROFESSIONAL HELP

**INTERVENTION PROFESSIONALS** Can Help!

They can make sure the conversation is well-planned and demonstrated in a way that brings your family and friends together to help convince the person that they are all here to help.