

Tool 10.4: Communicate a protective action

Date:

Using the Inform-Remind-Inform model on page 88, practice communicating a protective action.

When my loved one is engaged in their addictive behavior, they're unpleasant to be around or passed out. In response, I waver between anger, despair, and sadness.

My loved one fails to show up for things we've planned. They sometimes disappear for hours or days at a time. I feel frustrated and hurt.

My loved one sometimes steals from me to fund or make up for their addictive behavior. I feel angry and sad knowing I can't trust them.

My loved one drinks while I'm at work. I worry they won't be able to take care of the kids. I wish they wouldn't drink when the kids are around.

My loved one often allows people I don't know or trust around me/my kids. I'm worried they aren't considering or protecting my/our well-being.