# Talking to Someone Who Drinks

> *"Consider that a good disposition is invincible if it be genuine, and not an affected smile and acting a part."*
>
> Marcus Aurelius, Meditations 11.18 (tr. Long)

**Pick a calm, sober moment. Describe, do not diagnose. Say how it affects you, keep it short, and expect that they may not agree the first time. You may need to have this conversation more than once.**

## Before I start

- [ ] They are sober and not hungover
- [ ] We are somewhere private and calm
- [ ] I am calm enough to listen
- [ ] I have information about support ready

## What I have seen - specific, factual

***"You fell asleep at the table three times this week." Not "you're an alcoholic".***

## How it affects me

***"I feel frightened when..."***

## What I am asking for

## If they deny it or get angry, I will...

## Afterwards, I will look after myself by...

Support for you: Al-Anon · Adfam · Nacoa 0800 358 3456. If you are ever afraid for your safety, call 999 (UK) or 911 (US).


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