



WHEN TO QUIT?



SMART
Family & Friends

The tools and strategies included in this handbook support numerous life-enhancing skills: better emotional self-management, better problem solving and improved communications to name a few. These skills are all part of an emotionally healthy life.

With respect to your efforts to create lasting change in your relationship with your Loved One there may come a time when you question whether or not to continue those efforts.

Exercise – When to Quit

To help assess whether you have done everything that can be done in the situation, ask yourself the following:

- Have I, as consistently as I could, mapped out problem situations and planned more effective, non-confrontational behaviors for myself?
- Have I practiced a PIUS communication style?
- Have I kept track of how my plans went and adjusted them based on those experiences?
- Have I stopped acting as my Loved One's caretaker and allowed him to experience the real consequences of drinking/using?
- Have I rewarded my Loved One for nondrinking behavior and made it as enjoyable as possible to be sober with me and/or the family?
- Have I added pleasurable activities to my own life so that I am not totally absorbed by the drinking problems?
- Have I figured out when the best windows of opportunity to suggest treatment are, and planned how I would use them?
- Have I lined up a reasonable treatment option and made it available to my Loved One?
- Is there anything that I thought might help and I meant to do but didn't?
- Can I see an attractive future with this person?
- Once I get over missing my Loved One, will a future without her bring me greater peace and happiness than one with her?

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