

Considerations and Conversations:

Each relationship is unique. Addiction is progressive and chronic. Waiting and worrying doesn't help anyone. These conversations are difficult because the primary relationship in many cases is between the person and the chemical. Their objective is protect the supply and protect their emotional self.

Child (teen and adult);

Starter: We need to talk. I'm scared every day.

Considerations: Parents are the main reason children don't use. Your child's friends represent who your child is. Parents are often the chief enabler.

Intimate partner;

Starter: I want to talk to you about our relationship.

Considerations: How old are they emotionally? Is it possible to have an adult discussion? Where is the real relationship? Where are you in the pecking order?

Employee;

Starter: I'd like to see you. (no need for advance notice)

Considerations: There is a power and authority imbalance. Bottom line is important. What are you willing to put up with? Promises don't mean much.

Friend;

Starter: We've been friends a long time and I really care about you but frankly I'm worried.

Considerations: At what point are you willing to walk away? Enabling as a condition of friendship is unhealthy.

Parents:

Starter: I want to talk to you about something I'm worried about.

Considerations: Parents usually set the boundaries in a family except when they can't. Each person can set their own boundaries.