

Learn How to Help

Determine if there is a problem.

- ▶ Missed work
- ▶ Lost periods of time
- ▶ Money missing
- ▶ Erratic behavior
- ▶ Lies
- ▶ Hand tremors
- ▶ Sweats
- ▶ Bloodshot eyes
- ▶ Slurred speech

What can I do?

- Begin your own healing process
- Remember the **Seven C's**:
 - I didn't **C**ause it
 - I can't **C**ure it
 - I can't **C**ontrol it
 - I can help **C**are for myself by
 - **C**ommunicate your feelings,
 - Make healthy **C**hoices
 - **C**elebrate myself
 - Share the Seven C's with your children
- Face the facts, define what part you play
- Stop punishing yourself; accept that you have made your own mistakes in response to this disease and move on to the solution
- Become active in Al-Anon: www.cincinnatiafg.org
- If your loved one is interested in getting help, introduce them to our site or encourage them to call us.
- Read more:
 - [Reclaim Your Family From Addiction—How Couples and Families Recover Love and Meaning](#) By Craig Nakken
 - [Language of Letting Go](#) by Melody Beattie
 - [Codependent No More](#) by Melody Beattie
 - [Freeing Someone You Love from Alcohol and other Drugs](#) by Ronald L. Rogers and Chandler Scott McMillin
- Don't give up hope

Sources: National Association of Alcoholics, Al-anon