

Keeping Drinking from Interfering with Family Life



Solution
Based
Casework

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1. People who have control over their drinking say you should **plan before you start drinking**, don't start drinking and then make a plan.
2. Parents that think first (before they drink) always make sure the plan will **ensure the supervision of the children by responsible adults**.
3. Successful adults also **make sure the plan includes safe transportation** for the children, and for themselves.
4. Sharing the plan with others seems to be very important also. Make sure you **notify friends or relatives of your plan to drink** (prior to drinking).
5. Successful family members **decide ahead of time how many drinks are safe to have**, and they get their families input into that decision.
6. If you have been questioned by others about your ability to control your drinking, you need to record each step you take to fulfill your plan. This will help everyone notice the steps you are taking to keep drinking from interfering with your family life.
7. After trying to follow a plan, **review the success you are having to following the plan**. If you find you are unable to follow your plan and protect your family life, re-evaluate your drinking and its risk to your family.
8. If you suspect drinking may be creating difficulties for you and your family, **get a second opinion from experts in the field**, they really know what they are doing when it comes to controlling drinking.
9. People who love their families **do not let their pride get in the way**; if their plan to control their drinking doesn't work, they will ask a professional for help!