

TIPS FOR TALKING ABOUT ADDICTION



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1

TALK WITH THEM IN A QUIET PLACE

when both of you are sober and calm.

2

LET THE PERSON KNOW YOU ARE CONCERNED

and willing to help.

3

CONSIDER THE PERSON'S READINESS

to talk about their substance use.

4

IDENTIFY AND DISCUSS THEIR BEHAVIOR

rather than criticize their character.

5

EXPRESS YOUR POINT OF VIEW

by using "I" statements like, "I have noticed..." or "I am concerned..."

6

LISTEN

without judging the person as immoral or "bad."

7

TREAT THE PERSON WITH DIGNITY AND RESPECT.

Period.

8

DO NOT FORCE

the person to admit they have a problem.

9

DO NOT LABEL OR ACCUSE

the person of being an "addict."

10

HAVE REALISTIC EXPECTATIONS

of the person. Their behavior will not change right away.