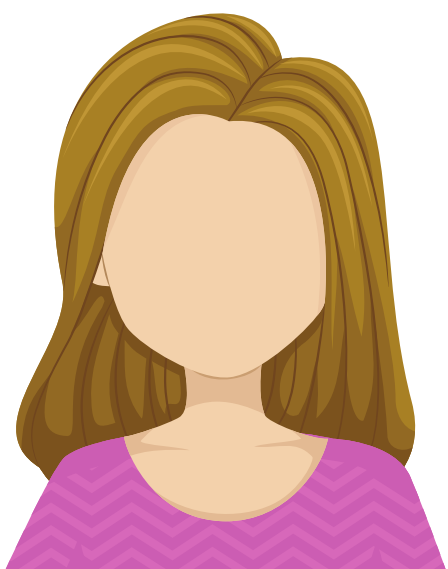


Support For Family Of Alcoholics

Be Non-Reactive

Discourages co-dependence



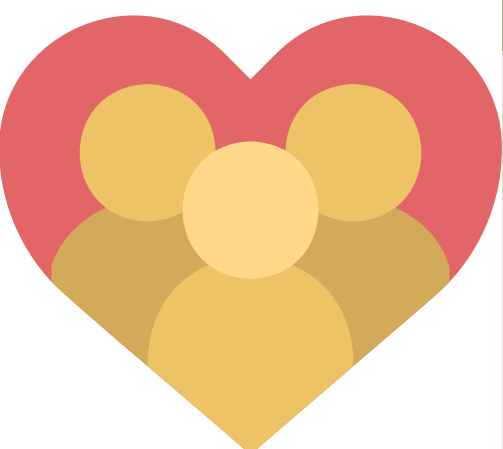
Set Clear Boundaries

Mix up patterns to maintain boundaries



Avoid Criticism

Removes excuses for drinking



External Resources

Al-Anon - 0800 0086 811
Alateen - 0207 593 2070
Adfam - 07442 137421
Scottish Families Affected by
Alcohol and Drugs - 08080 10 10 11
Carers UK - 0808 808 7777

