

WHY NAGGING WON'T WORK

Nagging, complaining or threatening your partner to get him or her to stop drinking won't work. In fact, nagging can lead to arguments that may cause the person to drink even more.

Nagging is a way of trying to control another person's behavior. But therapists suggest that people in a relationship with someone who has a drinking problem take control of what they have control over — their own behaviors.

An EAP professional, therapist or a self-help support group such as Al-Anon can help in this task. Through these resources, it is possible to learn about behaviors that provoke drinking and how to change them.

Of course anyone in a relationship with a person who has a drinking problem needs to be vigilant. For example, never allow a partner to do things that may endanger others, such as driving after drinking. Remaining vigilant and setting limits on a partner's behaviors without being overly involved are signs of good self-care.



**Contact Your Employee Assistance Program
Outcomes, Inc. (505)243-7145 or 1-800-677-2947**