

What follows is a sample letter from the book, Love First : A Family's Guide to Intervention, by Jeff Jay and Debra Jay , (Hazelden, 2nd Edition , 2008

Remember to also see the letter guidelines and prepare a bottom line or consequences statement (should your loved one reject help) on a separate page.

"Dear Dad,

We don't talk about it ever, but I love you very much. I know you love me very much, and you are very proud of me. I wouldn't be where I am, or have what I have, if it weren't for you. You taught me that I need to learn how to take care of myself before I rely on anyone else to do it for me. You encouraged me and supported me in my career aspirations. This gave me the confidence I needed to accept job positions that took me throughout the Midwest on my own.

When I went through my major heartbreak with Tom, you were the one whose shoulder I cried on. You were the one I trusted. You helped me get through it.

Dad, your alcoholism has been a part of our lives for a very long time. We didn't get here overnight. It is running your life. When I call home to check in, if it is too late in the evening, you're drunk. You get on the phone and your speech is slurred. When we talk later in the week you don't even remember our conversations. Sometimes you're passed out, and we don't get to talk at all.

When I come to visit you, and I'm on my way out to walk the dog, if you're in the garage I'll try to wait a little while because I don't want to catch you secretly pouring a drink. I do this to save you embarrassment. Or else I try to make a lot of noise in the laundry room so you know I'm coming, and you can hide the alcohol.

If I show up at your house late in the evening, you're drunk. I see it in your eyes, hear it in your speech and watch you move back and forth from the kitchen cupboard to the couch, with an occasional trip to the garage to drink from your hidden supply.

I love you, and I don't like seeing alcoholism sucking the life out of you. We're all here together because we want you to accept help. We're here to help. Will you accept our help today?

Love,

Your daughter, Tina"

The above letter, is just an example, and your letter may be different, but if you write from the heart and are nonjudgmental you will do well.

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