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## AN OPEN LETTER TO MY FAMILY

I am an alcoholic. I need help.

Don't allow me to lie to you and accept it for the truth, for in so doing, you encourage me to lie. The truth may be painful, but get at it.

Don't allow me to outsmart you. This only teaches me to avoid responsibility and to lose respect for you at the same time.

Don't let me exploit you or take advantage of you. In so doing, you become an accomplice to my evasion of responsibility.

Don't lecture me, moralize, scold, praise, blame, or argue with me – when I'm drunk or sober. Don't pour out my liquor – you may feel better, but the situation will be worse.

Don't accept my promises. This is just my method of postponing pain. And don't keep switching agreements. If an agreement is made, stick to it.

Don't lose your temper with me. It will destroy you and any possibility of helping me.

Don't allow your anxiety for me to compel you to do what I must do for myself.

Don't cover up or abort the consequences of my drinking. It reduces the crisis but perpetuates the illness.

Above all, don't run away from reality, as I do. Alcoholism, my illness, gets worse as my drinking continues. Start now to learn to understand, and to plan for my recovery. I need help from a doctor, a counselor or a psychologist, a recovered alcoholic, and from God. I cannot help myself!

I hate myself, but I love you.

To do nothing is the worse choice you can make for me.

Please help me.  
Your Alcoholic

Source: Focus on Alcoholism  
Washington State Department of Health Olympia, WA

Reviewed 7/09



Resource from NCADA's RADAR library. For more information visit our website at [www.ncada-stl.org](http://www.ncada-stl.org). For questions on substance use, abuse and related problems, call NCADA's Help Line at (314) 962-3456.