

# Talking About Addiction: A Step-by-Step Guide

Learn how to navigate the difficult conversation about addiction with your loved ones.

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**Narration Box:** Begin by choosing a calm, private setting where you can speak openly.

**KEY STRATEGY:** SET THE STAGE FOR A PRODUCTIVE CONVERSATION.



**Narration Box:** Make sure you have a basic understanding of addiction before discussing it.

**KEY STRATEGY:** EDUCATE YOURSELF FIRST TO PROVIDE ACCURATE INFORMATION.



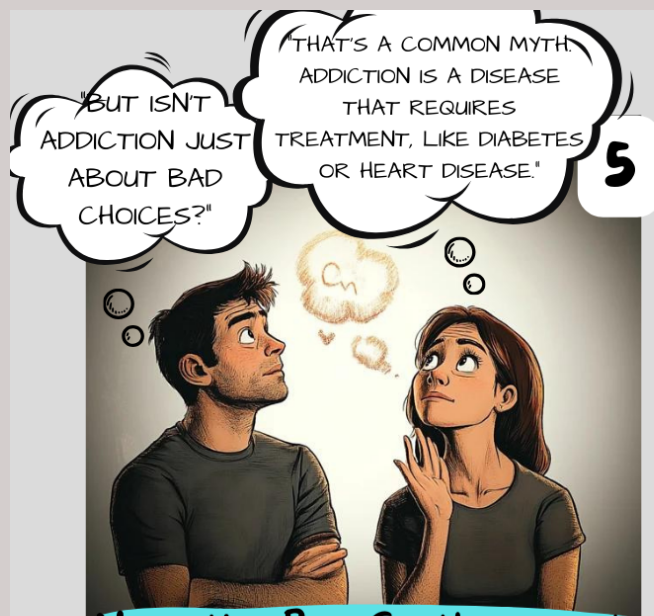
**Narration Box:** Avoid medical jargon use simple analogies that are easy to understand.

**KEY STRATEGY:** COMMUNICATE IN A WAY THAT'S EASY TO GRASP.



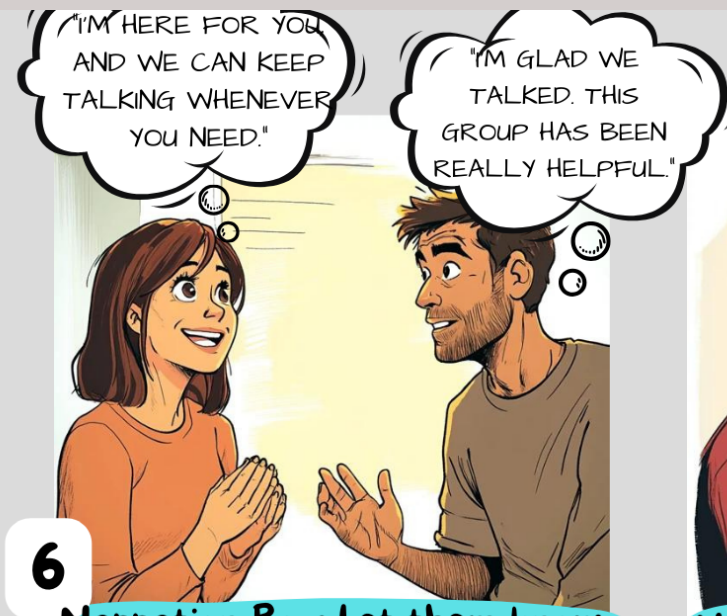
**Narration Box:** Express empathy. Show that you understand and are there to help, not judge.

**KEY STRATEGY:** PRIORITIZE EMPATHY IN YOUR COMMUNICATION.



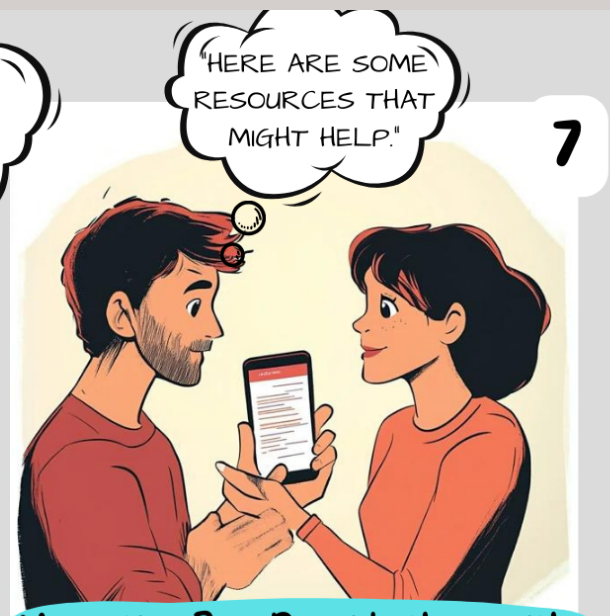
**Narration Box:** Gently correct misconceptions and provide factual information.

**KEY STRATEGY:** DISPELLING MYTHS HELPS BUILD UNDERSTANDING.



**Narration Box:** Let them know that this is just the beginning of an ongoing conversation.

**KEY STRATEGY:** ENCOURAGE CONTINUOUS DIALOGUE AND SUPPORT.



**Narration Box:** Provide them with resources for further learning or support.

**KEY STRATEGY:** HAVE SUPPORT AND RESOURCES READY TO GO

Talking about addiction is tough, but with empathy, clear information, and ongoing support, you can make a difference.



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