

## Get Ready to Speak up, cont.

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2) 

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3) 

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5. If I believe in God, I have prayed, asking the God of my understanding, for guidance and for the highest good of all concerned.

If I don't have a religious belief then I have made a positive statement for personal inspiration in the matter.

**If no**, then who will I find to help inspire me?

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**If yes**, commit this prayer or inspirational saying to writing.

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When you are able to answer "yes" to all 5 questions, you'll be ready to speak up and be a REAL friend.

**Answer from page 1**  
 My best friend, who was drinking and driving, and killed a 5 year old girl on Halloween is the one in the lower right hand corner.

### Resources

**Alcoholics Anonymous:**  
 AlcoholicsAnonymous.org

**Chemically Dependent Anonymous:**  
 CDAweb.org

**MADD Hotline:** 1-877-MADD-HELP to speak with a counselor who is ready to help you.

**BoysTown National Hotline** 1-800-448-3000 This line is not only for parents and friends of young men, but the young men themselves.

**Al-Anon & Alateen:** www.Al-Anon.org

**Young, Sober, & Free:**  
 www.YoungSoberFree.com

Other: 

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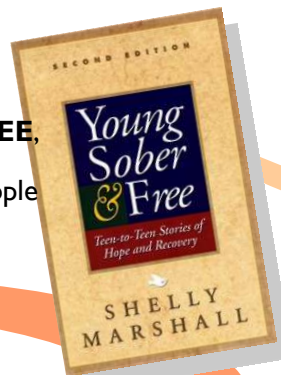


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### YOUNG, SOBER, & FREE,

the Big Book for young people in recovery.

A Hazelden publication.



YoungSoberFree.com

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## Mind their own damn business,

A worksheet on speaking up when your friends are in trouble with alcohol and drugs.

*Do you have a friend who drinks and drugs too much?*

*How would you feel if your friend killed somebody because of drug use?*

*How would you feel if you saw trouble coming and didn't lift a finger to stop it?*

*Is there something you can do?*



*Can you pick out which person killed a five year old?* (answer on back page)

## Friends don't Let Friends Kill Kids

I never wanted my best friend to be an alcoholic. In high school, I guzzled booze, dropped acid, and acted obnoxiously for the two of us. Although we were both party hardies, I was the one who cracked open beers in the morning on the way to class, while my best friend shook her head. I was the one who marched into the bowling alley and stomped on the football hero's foot while Jackie tried to excuse my inexcusable behavior. I was clearly out of control and my best friend was clearly a normal drinker.

### Jackie did not abandon me

At 21, after a brief but shattering drinking and drugging career, my best friend was the first to salute my sobriety in a 12-step program. I loved Jackie for not abandoning me. Over the years I cherished and clung to my friendship with a "normie."

### If you don't talk about it, it goes away

So the last thing in the world I wanted was for Jackie's drinking to spiral out of control, her to start snorting coke, and grow marijuana in her garden. As my best friend began showing the signs of chemical dependency, I began excusing them, because as any good friend knows, "If it isn't discussed, it doesn't exist." When Jackie let my 15 year old smoke dope, I said, "She doesn't understand the danger." When Jackie began getting drunk by 10 in the morning, I said, "She works graveyard and 10 in the morning is six in the evening for the working guy." When she told me to let my husband's friends snort coke during the ball games, I said, "She's concerned about my marriage." When she left my house many times drinking and driving, I said, "She'll be OK, she has a high tolerance."

### When she killed a child, I ran out of excuses

And then one Halloween night, Jackie got into her car and hit a five year old tricker treater--who died after smashing into the windshield. Jackie was drunk. And, God help me, I had *never said a word!* I saw the commercials, "Friends don't let friends drive drunk." And, "If you don't stop them, who will?" But I didn't want Jackie mad at me.

### I was afraid

Now a child is dead and Jackie is in jail and I never said anything because...because of many reasons, all stemming from fear. I was afraid of losing our friendship; I didn't want to hurt her; I didn't want to be like an obnoxious ex-smoker making everyone around me uncomfortable; I didn't want her to tell me to mind my own damn business; I didn't want her to be a drunk.

What the heck was I thinking letting my best friend sink into drug addiction? Our friendship? We stopped speaking years earlier. It was impossible to talk with a person that was loaded all the time, who kept accusing me, through glassy eyes, of irrationality! So in the end, the friendship I wanted so desperately to save by not facing the facts of chemical dependency was lost to the disease, anyway.

### I learned the commercials are right

Could I have saved that child's life? I'll never know because I never tried. I learned a lesson. I learned that the commercials are right, "If your best friend doesn't speak up, who will?"

Doing nothing is enabling. Not communicating your concerns allows your friend to get worse. Silence sends a strong message that we condone their alcohol and drug abuse. But if we don't condone the abuse, the time to speak up is now, not after a child dies. To speak up requires courage and preparation. If you want to speak up and not let silence send the wrong message, here are some guidelines you can follow:

## Get Ready to Speak up

1. I have already discussed \_\_\_\_\_'s drinking or drug abuse with a knowledgeable source and know exactly how I want to approach the problem.

**If no**, who can I go to before confronting them? (clergy, therapist, school counselor, employer?)

**If yes**, describe what I learned from that source and how that will help the confrontation?

2. I know where to refer my friend for help if s/he asks. I have a list of the treatment centers, self-help groups (Alcoholic's Anonymous, Chemical Dependency Anonymous, Church Programs, etc.), or clergy who work with drug abuse, or others.

**If no**, where can I go to get this information in my community? \_\_\_\_\_

**If yes**, list the potential services and their phone numbers (at least 3) \_\_\_\_\_

3. I know how to share my concerns kindly and non-threateningly without preaching, moralizing, name-calling, blaming, arguing, or attacking my friend.

**If no**, where can I learn this skill? (school counselor, referral service, Intervention literature, etc.)

**If yes**, check the techniques that will be helpful in confronting my friend.

\_\_\_ Describing what I saw them do while stoned

\_\_\_ Telling them how it made me feel

\_\_\_ Ask them to speak with a professional

\_\_\_ Offer to take them to a 12-step meeting

\_\_\_ Let them know I will always be here for them

4. In sharing my concerns I will stick to the facts and give clear examples of the drug/alcohol abuse that I have personally observed. I will not spread rumors or give vague, unfounded opinions.

**List 3 clear examples** of first-hand knowledge of his/her drug/alcohol abuse.

1) \_\_\_\_\_