

One conversation, one next step

Use only if a discussion and keeping notes are safe. Leave out names and identifying details. You can skip the conversation and seek individual support instead.

Date / period: _____

Safety first. Call 000 for immediate danger, serious threats, unconsciousness, abnormal breathing, a seizure or severe confusion. Do not arrange a joint conversation if you fear violence or retaliation. Contact 1800RESPECT on 1800 737 732 for individual safety support. Use a safe device and avoid leaving this sheet where its discovery could increase risk. A substance-use problem does not make abuse acceptable.

1. Is this a safe time and place?

Can each person participate freely and end the discussion?

2. What have I noticed?

Choose one concrete event and its effect on you or others.

3. What do I want to understand?

Write one open question and leave room for an unexpected answer.

4. What am I asking or offering?

Choose one realistic request, support or limit within your control.

5. When will I pause or seek help?

Plan a stopping point, support option and return only if appropriate.

What became clearer, and what remains unresolved or needs outside help?

Complete privately. Keep your notes secure and share only with people you choose. This original discussion aid is not a diagnostic test or a treatment plan.

Guide, sources and accessible HTML: <https://www.dreric.net/practice-resources/talking-about-addiction-with-care/>