

Most people use alcohol to some extent. Many use mood-altering drugs. The use of alcohol or other drugs can reduce a person's awareness and ability to act quickly to protect themselves during an attack. The use of alcohol or other drugs by the perpetrator may give him/her an excuse to use violence. You need to consider the safety implications for yourself when you or your partner are using drink or drugs.

If drug or alcohol use has occurred in my relationship with my abusive partner, I can enhance my safety by some or all of the following:

If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.

If my partner is using, I can.....

I can remind myself that my partner has a choice to use drink and drugs and also has a choice to use violence

To safeguard my children, I might

I might also