



DRY JANUARY®

“Dry January is the UK's one-month alcohol-free challenge. It isn't about giving anything up. It's about getting something back. Get your fun back. Get your energy back. Get your calm back. Get your YOU back.” Alcohol Change UK 2022

WEEK ONE

ALCOHOL AND RELATIONSHIPS
January 2022

ALCOHOL
CHANGE^{UK}

ALCOHOL AND RELATIONSHIPS

'Alcohol can affect our relationships in all sorts of ways and can have a negative impact on our own health and wellbeing and those we love.' Alcohol Change UK 2022

Drinking: How does this affect our relationships?

- It may alter your mood and inhibitions impacting on our decision making
- If our partner is drinking heavily, it may create anxiety and a feeling that alcohol is at the centre of your relationship; you may feel second best to our loved ones drinking
- We may neglect or ignore the needs of our loved ones

Signs that alcohol maybe negatively impacting your relationship:

- You may find yourself unable to have a good time together without alcohol
- You may be hiding or being dishonest about how much you are drinking and this can result in trust problems in your relationships
- You may find that your sex life is less fulfilling either due to performance issues or reduced enjoyment which can put strain on an intimate relationship
- Increased conflict and alcohol-fueled arguments which not only affects each partner but also may significantly affect other family members, particularly young children in the household who may experience neglect or embarrassment.
- Alcohol is never an excuse for domestic abuse

TOP TIPS

- **Communicate:** If you are having problems, it's always good advice to talk to each other when both of you are sober
- **Make a commitment** to cutting down your alcohol consumption to less than 14 units a week (6 pints of larger or a bottle and a half of wine)
- **Monitor** your alcohol intake by recording what you drink for a few weeks in order to understand your drinking patterns. Try this free app: [TRY DRY](#) to help keep track and set goals to help you cut down
- **Ask for help** if you feel you need it or if you are worried about someone else's drinking. Contact your [local alcohol service](#) or visit the [Alcohol Change UK](#) website to find out more about getting support
- **Get support** for your relationship, you can access counselling on your own or as a couple. Contact [Relate](#) if drinking is negatively affecting your relationships