

Worried over boyfriend's drug use

Dear Annie: I'm worried that my boyfriend is abusing his prescription drugs. He goes for days without taking them and then takes several times the recommended doses all at once. He says he likes the intense rush he feels when he takes them this way. (They're stimulants.) I've expressed concern repeatedly. Every few months, things get really bad, and he vows to cut back. But after a couple of weeks, it's back to the same scary routine. It makes me so sad to see him treating his body and mind this way. The past six months has been exhausting for me, and I'm about ready to give up. Is there anything I can do to help him stop, or is he a lost cause? I've been thinking about issuing an ultimatum: It's me or the drugs. — *Very Worried in Virginia*

DEAR ANNIE



Annie Lane
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is textbook abuse. He needs to seek help for his problem. You can encourage him to do so, but you can't make him. Nothing you do can control his addiction, not even an ultimatum — though you can certainly still give him one, for your own sake. It should be said more as a statement of fact than as a threat: "I can't be with you if you continue to abuse drugs." Only say this if you really mean it; otherwise, you'd end up undermining yourself.

Remember that you can't live your life around another person's addiction — though I know that's easier said than done. You might find some strength and comfort through Nar-Anon, a 12-step program for the family and friends of addicts. Find a meeting in your area at <https://www.nar-anon.org>.

Dear Annie: I am writing to remind those who have good hearing to show some sensitivity to those of us who do not. I wear hearing aids and

try to be courteous if I don't hear something that is said to me by politely asking for it to be repeated. Quite often, the response is, "Aren't you wearing your hearing aids?" And it is spoken irritably (particularly by my husband). This comment is hurtful and usually results in my withdrawing from the conversation. Yes, I am wearing my hearing aids. I have them serviced regularly, and they are the best ones I can afford. So please, think about how your words affect others. Hearing loss is difficult enough. Please don't make it worse for us by being rude. — *Sad Senior, Age 70*

Dear Sad Senior: Sometimes our patience is shortest with those whom we've known the longest. That doesn't make it OK for your husband to snap at you, however. Let him know how it makes you feel when he immediately asks whether you're wearing your hearing aids anytime you ask him to repeat something. Let's hope he'll make an effort to be more patient and compassionate — something we could all stand to do. Thank you for writing.

TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). The sight of your loved one has a completeness that cannot be matched by the sight of any other person in the world. Do not doubt the power of recognition. It's a force that can bring the world alive.

TAURUS (April 20-May 20). Sometimes it's better to experience things silently than to articulate them. Also, don't be too quick to put a name on things today. Things may be what you call them, but they are also more and other than that.

GEMINI (May 21-June 21). It is easy to see the goal at the end of a short vision. You've already pondered the big picture enough this week. In other words, keep it simple. Clarity of vision will depend on brevity of mission.

CANCER (June 22-July 22). Keeping love interesting will be pretty straightforward. Common interests are at the heart of it. But don't stop with just one. Always be searching for and creating new common ground.

LEO (July 23-Aug. 22). While some people seem to be born with confidence, it is far more likely that confidence is earned through the combination of failure and the resilience and fortitude to keep at it.

VIRGO (Aug. 23-Sept. 22). Oddly, it will be easier to give your unconditional love and acceptance to someone you don't know very well than to the people you absolutely adore. It is almost impossible to extract your expectations from the love you give.

LIBRA (Sept. 23-Oct. 23). Finish what you started. It's partially about pride and being true to your word. The other part of you just realizes that if you don't finish, you can't

move on. And it's really time for that.

SCORPIO (Oct. 24-Nov. 21). You'll get more accomplished because you let go and realize the importance of the task is relative and temporal. The best results will come from a relaxed place.

SAGITTARIUS (Nov. 22-Dec. 21). Life can be complicated and moods can be difficult to manage, but not today. You've made your mind up to be happy and the rest of you will carry out with the directive.

CAPRICORN (Dec. 22-Jan. 19). Behaviors continue until there's a reason they can't anymore. It's an excellent day for setting boundaries. It will solve problems, and what you decide will stick.

AQUARIUS (Jan. 20-Feb. 18). The excitement mounts toward a special event. The work you do today will make it all the more special. Also, you will be commended for planning ahead instead of leaving it all until the last minute.

PISCES (Feb. 19-March 20). Your direction may not be so sure, but you'll get a better idea as you go. So don't wait to be certain about the destination. It will reveal itself to you in the perfect time.

TOMORROW'S BIRTHDAY (Aug. 24). This is among your most spontaneous and eventful years because you don't overthink the good luck. You jump in, and enjoy the carnival ride. There's something to settle in September before you can move forward in the relationship. You'll make more than two key deals before 2019 that set you up for a lucrative year. Libra and Leo adore you. Your lucky numbers are: 9, 20, 45, 33 and 17.

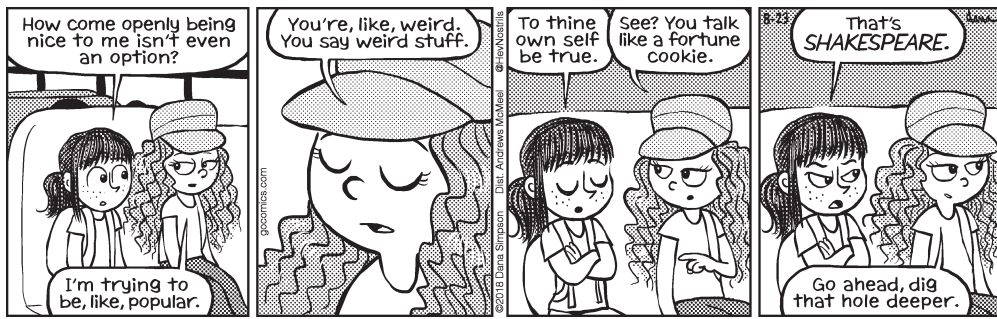
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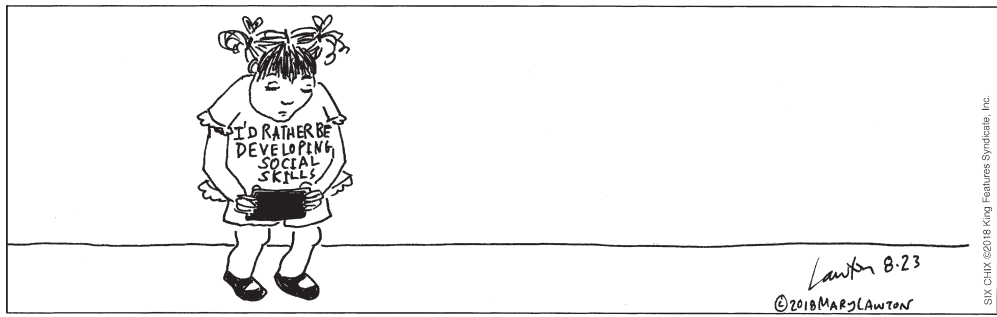
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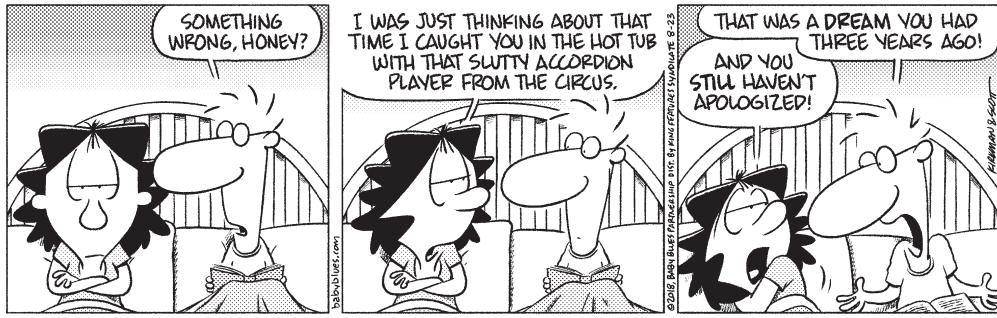
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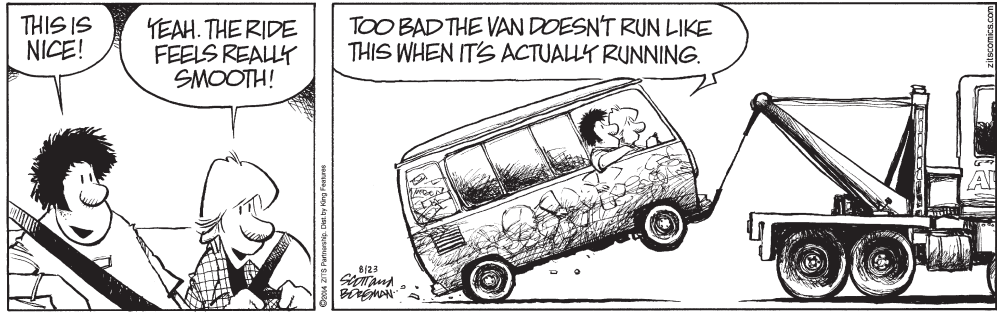
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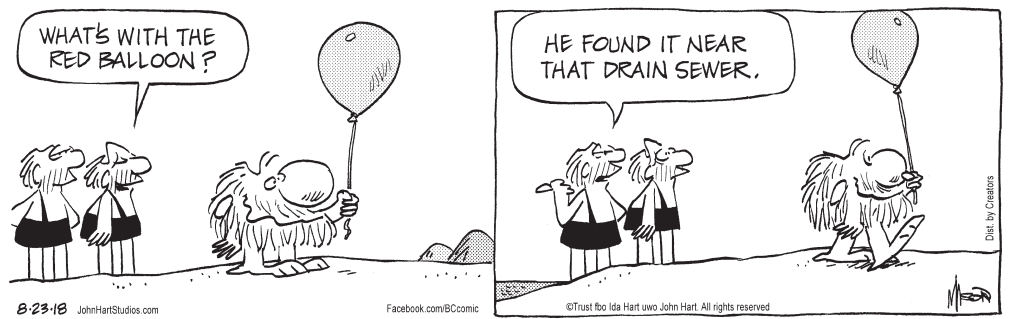
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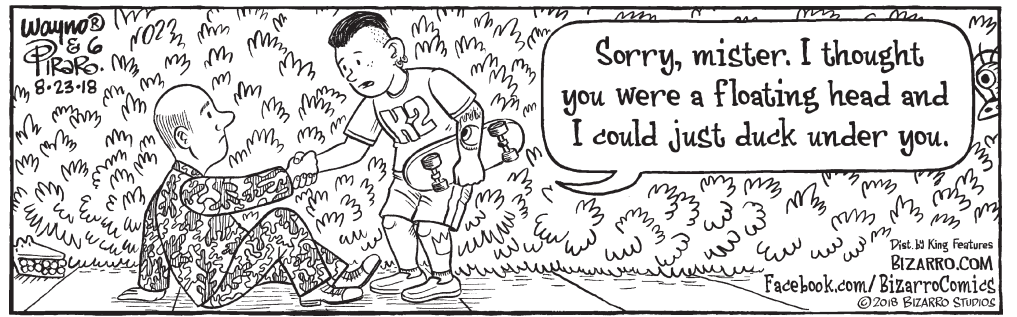
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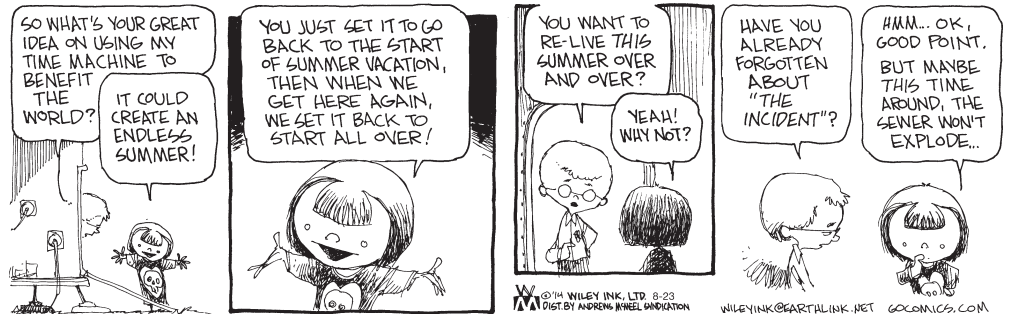
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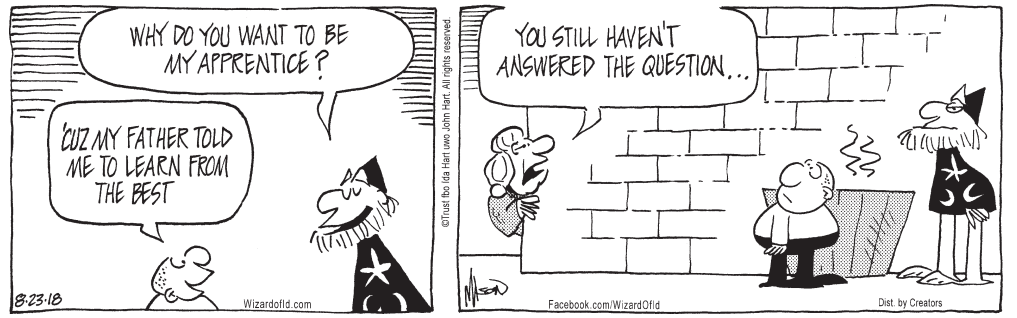
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