# Woman Struggles with Long-Distance Relationship Amid Partner's Alcohol Issues and Trauma



A woman, referred to as "Cautious," has been involved in a long-distance relationship for over two years with a man who struggles with alcohol consumption and mental trauma. Despite their limited time together due to conflicting schedules and her responsibilities as a single mother, they have developed strong feelings for each other. Nonetheless, Cautious has observed several red flags, primarily her partner's inability to control his drinking on weekends, leading to concerns about his behavior.

Cautious has proposed counseling and therapy and even ended the relationship once when the issue affected them significantly. However, they rekindled their relationship when he attempted to improve. Despite wanting to introduce him to her friends and children, she hesitates due to her past traumatic experiences and his ongoing struggle with alcohol, striving to protect her emotions and mental health. She questions whether her caution is justified and if her partner will ever address his issues comprehensively. Feedback from others, including advice columnist Meredith and readers, suggests a critical evaluation of the relationship and potential consideration of moving on.

Cautious' dilemma highlights the challenges of balancing personal well-being with the complexities of a relationship involving substance abuse and unaddressed trauma.