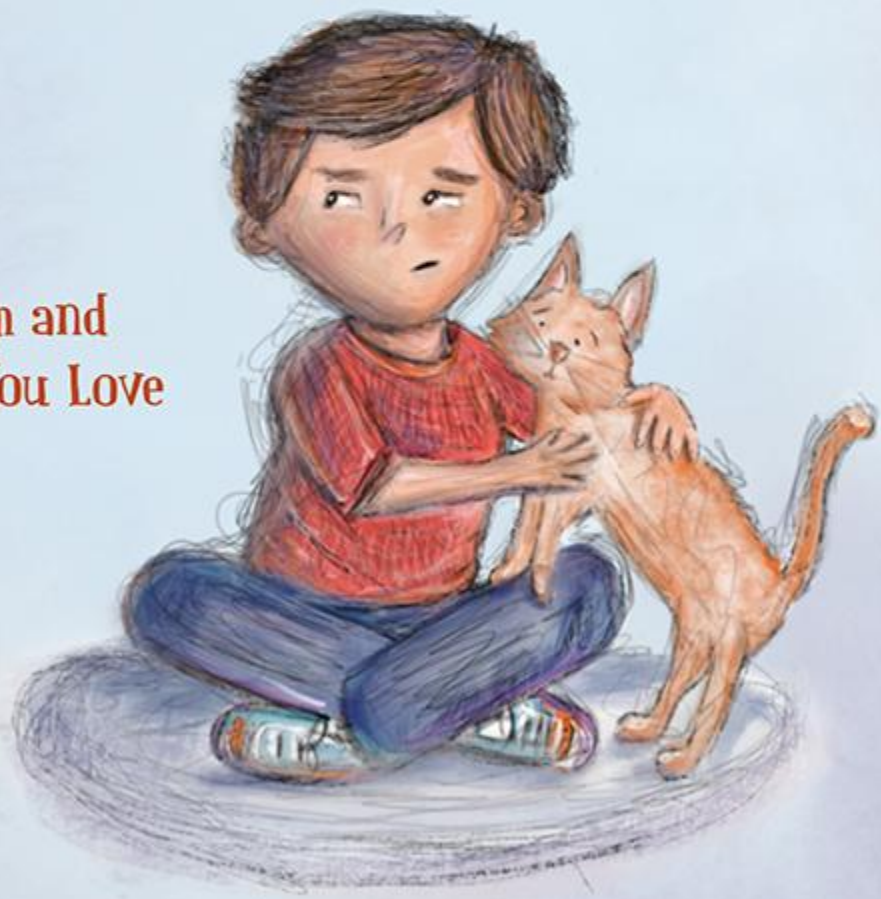
Sometimes Stormy

A Story About Finding Calm and Staying Safe When Someone You Love Drinks Too Much



Amanda Davis

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Dear Reader,

Sometimes Stormy started as a poem I wrote to describe my childhood living with a parent who struggled with alcohol use disorder and depression. It was a hard and confusing time. Maybe your home is sometimes stormy too. If it is, it's important to know that the storm is not your fault—it is a disease that your loved one is battling. When the storm visits, you can look for ways to find comfort, calm, and safety in your home. You can reach out to a trusted adult to support you and help you cope.

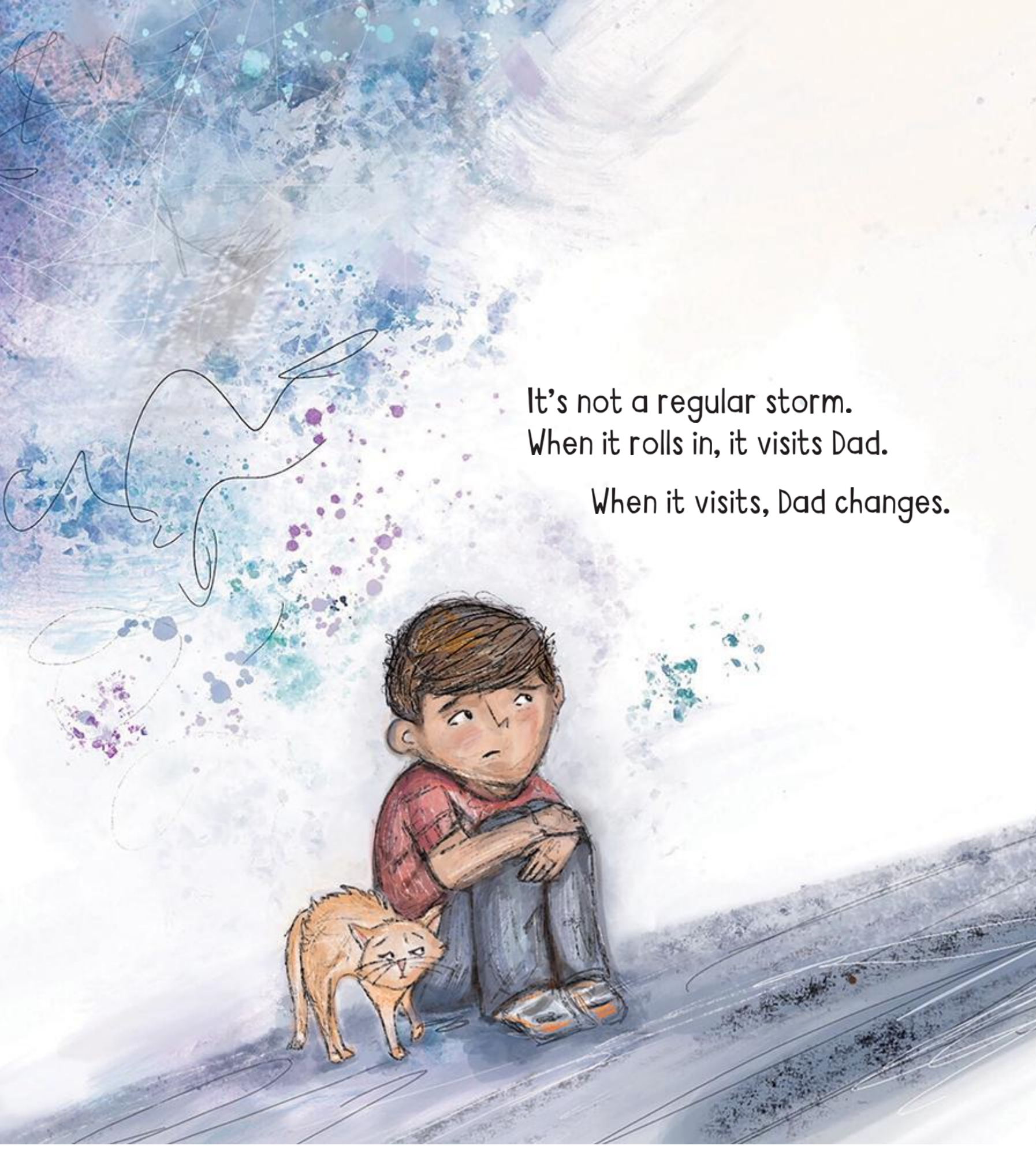
I dedicate this book to all the children who are living in the midst of the storms of substance use disorder. Always remember: You are strong. You are resilient. You are loved.

—Amanda Davis


There's a storm inside our house.
I call it the Sometimes Storm.
Because sometimes it's here.



And sometimes it's not.


It's not a regular storm.
When it rolls in, it visits Dad.
When it visits, Dad changes.

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