



More life. Less hangovers.



Starter Conversation Guide

Not sure how to talk to someone about drinking less? Start small. These prompts are meant to open the door—not push it wide open. The goal isn't to change someone's mind on the spot. It's just to share honestly, and maybe plant a seed.

Gentle Ways to Start the Conversation

- “I’ve been thinking about how much I’ve been drinking lately. Have you ever thought about cutting back?”
- “I’ve been reading about how even a small change can make a big difference. Made me think about my own habits.”
- “I noticed I’ve been sleeping better and feeling sharper since I started drinking less. Just wanted to share that—it surprised me.”

If You’re Worried About Someone You Love

- “I care about you, and I’ve noticed you don’t seem like yourself lately.”
- “I know things have been hard. If drinking’s playing a role, I want you to know there’s support out there—and I’ve got your back.”
- “This isn’t about judgment. I just wanted to check in because you matter to me.”

Tips to Keep in Mind

- Pick the right time. Choose a moment when you’re both calm and have some privacy.
- Keep it about you. Use “I” statements to share your own perspective or concern. This keeps the tone supportive, not accusatory.
- Expect mixed reactions. Some people might get defensive, surprised, or emotional. That’s okay. The goal isn’t to solve everything in one talk.
- Leave space. You don’t have to fill the silence. Listening matters just as much as talking.
- Check back in. Sometimes the first conversation is just planting a seed. A simple follow-up later can mean a lot.

Starting the conversation is a powerful step—whether it leads to change right away or just opens the door.

See more stats and learn how cutting back helps:

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