



# Tips on how to have conversations about drinking

- 1 **Show empathy:** stay compassionate and non-judgemental, even if the topic is difficult or sensitive
- 2 **Actively listen:** give them space to talk. Be present, engaged, and open to what they're saying
- 3 **Be honest but sensitive:** share how you feel without placing blame as this helps avoid defensiveness
- 4 **Be mindful of time of day:** pick a moment that wouldn't lead to going for a drink
- 5 **Consider what's behind the behaviour:** Is something else going on? Offer them support

**Curious about your drinking?**

Scan the QR code to check your drinking today

