

TALKING TO YOUR SUPPORT SYSTEM AFTER SEEKING HELP

OWN YOUR LIMITS
SERVE HONORABLY.
DRINK RESPONSIBLY.

You made a mature decision to self-refer or self-identify because of concerns about your alcohol use. Now, you may want to share this journey with your support system. Start the conversation with these three steps:

1 How to start the convo.

Kicking off the discussion might be hard, so here are a couple of phrases you can use:



- *“Hey, I’ve been drinking too much lately and want to share what I’ve been working through with you.”*
- *“This is hard for me to say, but I’m tired of waking up hungover every weekend and want to cut back on drinking. I’d appreciate your support on this.”*

2 Help them understand your journey.

Share the steps you’ve taken so far to help your support system better understand how to support you moving forward:



- Share what alcohol-related behaviors or consequences concerned you.
- If they are not in the military, explain that for Service members, each Service policy allows you to self-refer or self-identify for alcohol use concerns before an incident happens so you can start getting help and protect what matters to you.
- Outline your responsible drinking goals or share actions from your treatment, aftercare plan or recovery. Remember, family and friends can provide recovery support so let them know where they can help.

3 Arm them with resources.

Share the following info to help your buddies and loved ones support your responsible drinking goals:



- **Supporting Someone You Know:** Tips to help them along this journey (think: knowing what to look for and the importance of compassion).
- **Ways to encourage new habits:** Ideas on how to help someone who is changing their drinking habits for the better.

Looking for additional resources?

Find non-medical outlets to talk to someone confidentially about concerns other than alcohol, like your [chaplain](#), [Military and Family Life Counseling Program](#) or other counseling services on your base.

Reaching out for support takes strength but pays off – for you, your relationships and career.



U.S. Department of Defense

www.ownyourlimits.org

