

Dear Friend,

I know you don't think that you have a problem with alcohol and drugs, but I am writing to you to let you know that you've been making a lot of high-risk choices lately. Even though you haven't gotten in trouble yet, you could fall down the wrong path by becoming dependent on alcohol and drugs. I am not suggesting you stop completely, but drinking or smoking until you blackout or get sick every weekend is extremely bad for you and it could end very badly.

Also, a big thing is driving after you are under the influence. I really don't want you to get hurt or in trouble and driving drunk and high is super dangerous. Even if you don't think you are too impaired to drive, know that it is not smart at all and there are safe alternatives.

I learned about a formula to help make safe drinking choices. So instead of getting super drunk on the weekends and having 10+ drinks those nights, you can limit your drinks to 1 an hour, 2 a day and 3 at most in a day. This will help you stop making so many high risk choices in your life.

I also learned that everyone has a different trigger point and your biology plus your choices influence how quickly you will get to it. The reason I am telling you all this is because my friends are something I value the most in my life and I care about you and don't want to lose you. I want to be able to hang out and have fun with you without drinking and making high risk choices.

- Your Friend