

# The Cannabis Conversation

A phrase guide for talking with the people in your life



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## TALKING WITH A WORRIED PARTNER

USE WHEN THEY'RE CONCERNED ABOUT YOUR WELLBEING

**"I want to be open with you about something, not to justify it, but because you matter to me."**

Lead with relationship, not defense.

**"I've been intentional about this. Here's what it does for me and how I use it."**

Share your 'why' without requiring agreement.

**"What specifically worries you? I'd rather talk about that directly."**

Invite the real concern, it's often not what you expect.

**"I'm not asking you to be on board. I'm just asking you to hear me."**

Reduces pressure on both sides.

## TALKING WITH SKEPTICAL PARENTS

RESPECT THEIR FRAMEWORK – DON'T DEBATE IT

**"I know this isn't something you'd choose. I'm not asking you to change your mind."**

Removes the pressure to convince.

**"I've done a lot of research and I feel good about how I approach this."**

Signals responsibility without a lecture.

**"Can I tell you what this actually looks like for me day to day?"**

Replaces abstraction with specifics, often disarming.

## THE 'WHAT ABOUT THE KIDS?' TALK

LOGISTICS FIRST, VALUES SECOND

**"My cannabis is stored the same way I'd store any medication, out of reach and clearly labeled."**

Safety is non-negotiable and non-shameful.

**"If they ask, I'll tell them it's something adults use, like some people use wine, and that it's not for kids."**

Age-appropriate honesty beats confusing vagueness.

**"I'm not consuming in front of them, and it doesn't affect how I show up as a parent."**

Behavior is the evidence. Let it speak.

**"I'm open to talking about what guardrails would make you comfortable."**

Invites co-creation rather than standoff.

## TALKING WITH HOUSEMATES OR ROOMATES

PRACTICAL AND LOW STAKES - TREAT IT THAT WAY

**"I consume occasionally/often/daily and I want to make sure it doesn't create any issues for you."**

Normalizes without oversharing.

**"Happy to discuss storage, smell, or any boundaries that matter to you."**

Shows you've thought it through.

**"Does any of this actually affect you day-to-day? That's what I care about."**

Grounds the conversation in real life, not hypotheticals.

# Talking to Your Doctor

How to bring up cannabis with a medical professional, confidently



## HEALTH CONVERSATION

### Why this conversation matters

- Cannabis can interact with certain medications, your doctor can only help if they know.
- Disclosing may affect your care plan, test results, or pre-procedure instructions.
- You have a right to honest, non-judgmental care. If you don't get it, you can find another provider.

### OPENING THE CONVERSATION

#### GETTING IT ON THE TABLE WITHOUT APOLOGY

**"I want to make sure my health history is complete, I use cannabis and I want you to know."**

Frames it as responsible disclosure, not confession.

**"I use cannabis [occasionally / regularly / for sleep / for pain]. Is that relevant to anything we're discussing today?"**

Give frequency and purpose, it's clinically useful.

**"I'd rather tell you than have it show up on a test unexpectedly."**

Practical framing that most providers respect immediately.

**"I consume [flower / edibles / tincture / topicals]. I want to be accurate for your records."**

Method matters – be specific if you can.

### IF YOU GET A DIFFICULT RESPONSE

#### YOU DON'T HAVE TO DEFEND YOURSELF

**"I appreciate your concern. I'd still like this noted in my chart."**

Polite but firm. You're not asking permission.

**"Can you tell me what specific health risks concern you? I'd like to understand your thinking."**

Invites a clinical answer, not a moral one.

**"I'm looking for a provider who can work with me as I am. Is that something you can do?"**

Reasonable question. The answer tells you a lot.

### WHAT'S USEFUL TO SHARE

#### GIVE YOUR DOCTOR WHAT THEY ACTUALLY NEED

**Frequency:** Daily, weekly, occasional?

**Method:** Smoked, vaped, edible, tincture, topical?

**Timing:** Before bed, during the day, as-needed?

**Purpose:** Sleep, anxiety, pain, appetite, recreation?

**Potency:** Low-dose, high-dose, CBD-dominant?

**Duration:** How long have you been consuming?

### PHRASES TO AVOID

#### THESE OFTEN BACKFIRE OR INVITE DEBATE

**"It's just natural / just a plant"**

Minimizes. Doctors respond better to specifics.

**"I only do it recreationally" (if that's not true)**

Don't undersell your actual use to seem more acceptable.

**"I know you're going to judge me, but..."**

Primes them to disappoint you. Start neutral.

**"It's totally legal where I live"**

Legality isn't the clinical concern, health is.

