



Congratulations! You have taken a first step toward better health by discussing your drinking with your health care provider. Between now and your next visit, read the rest of this brochure for suggestions on how to succeed with your drinking plan.

Step 5: Identify Drinking Triggers

Check the 3 strongest triggers for you. When you get the urge to drink, remind yourself of your reasons for cutting back.

- | | |
|---|--|
| ☐ Parties/Celebrations | ☐ Use of tobacco |
| ☐ Boredom | ☐ Use of drugs |
| ☐ Tension | ☐ Sleep Problems |
| ☐ Loneliness | ☐ Family |
| ☐ Friends | ☐ Feelings of failure |
| ☐ Frustration | ☐ Criticism |
| ☐ Children | ☐ Anger |
| ☐ Weekends | ☐ Other people drinking |
| ☐ Arguments | ☐ Going out after work |
| ☐ Crisis situations | ☐ TV, radio or magazine ads |
| ☐ Other _____ | |

Step 6: Determine Ways to Cope with Trigger Situations

Check boxes here for ways you might cope with trigger situations.

- | | |
|--|--|
| ☐ Call a friend | ☐ Congratulate myself for working to drink less |
| ☐ Read a book | ☐ Play a sport |
| ☐ Go for a walk | ☐ Appreciate nature |
| ☐ Read this pamphlet | ☐ Visit a neighbor |
| ☐ Think about my reasons for quitting or cutting back | ☐ Watch a movie |
| ☐ Tell myself my unpleasant feelings will pass | ☐ Tell myself my unpleasant feelings will pass |
| ☐ Think of good things that have come from cutting back | ☐ Think of something pleasant I could do tomorrow |
| ☐ Discuss with my partner ways to avoid arguments | ☐ Remember that it is not necessary to drink to calm myself after an argument |
| ☐ Remember that it is not necessary to drink to calm myself after an argument | ☐ Tell myself that drinking won't improve the situation |
| ☐ Tell myself that drinking won't improve the situation | ☐ Tell others I am drinking less to improve my health |
| ☐ Tell others I am drinking less to improve my health | ☐ Other: _____ |

Remember...

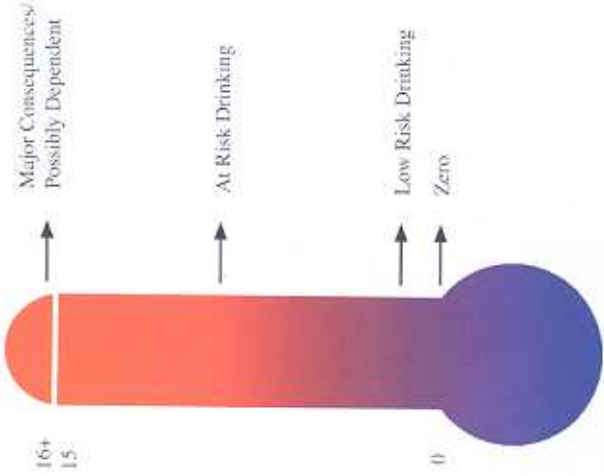
We, as your health care providers, are interested in your progress toward a healthful lifestyle. Changing old habits is not easy. We are available for support and follow-up as you change your drinking behavior. If you have a day when you drink more than you planned, just remember, don't give up. We are a phone call away and believe YOU can reach your goal.

Healthy Habits, Healthy Lives

Healthy Habits, Healthy Lives

This brochure can help you learn about how drinking might be affecting your life and health, and how you can make a plan to drink less.

Your AUDIT Score:



Step 1: Picture Your Drinking

Low risk drinking—no drinking or drinking small amounts. People are not likely to have problems related to drinking.

At risk drinking—drinking amounts that put people at risk for problems from their drinking.

Major consequences/possibly dependent—drinking has resulted in multiple problems. People drinking at this level may get sick or shaky if they try to stop.

Your AUDIT score: _____
Your group: _____

If your score puts you in the red area on the thermometer, you need to consider changing your drinking habits.

Step 2: Identify Problems Drinking Can Cause

Drinking too much alcohol can hurt your health, your relationships, or make you nervous or depressed. Check off any of the following problems you may have had as a result of your drinking.

- ☐ Difficulty coping with stress
- ☐ Relationship problems
- ☐ Diarrhea
- ☐ Sleeplessness
- ☐ Falls or other accidents
- ☐ Arrest for drinking and driving
- ☐ Financial problems
- ☐ Feeling confused after drinking
- ☐ Depression
- ☐ Memory loss
- ☐ Problems with medications
- ☐ Automobile accidents
- ☐ Feeling alone or left out
- ☐ High blood pressure
- ☐ Trembling hands
- ☐ Malnutrition
- ☐ Seizures
- ☐ Cancer
- ☐ Stroke
- ☐ Ulcers or other stomach problems
- ☐ Hepatitis, cirrhosis, or other liver problems
- ☐ Illness of the pancreas
- ☐ Unprotected sex
- ☐ Sexual dysfunction
- ☐ Other: _____

Step 3: Discover Reasons to Quit or Cut Down on Drinking

Think about why you might want to quit or cut down on your drinking. Different people have different reasons. Here are some reasons that people decide to cut down or quit drinking. Check the box by the 3 most important reasons YOU want to quit or cut down on your drinking. If you think of other reasons that are not on this list, add them at the bottom.

- ☐ To prevent future problems from drinking
- ☐ To get along better with family and friends
- ☐ To reduce my risk of accidents or car crashes
- ☐ To lose weight
- ☐ To be a better parent to my children
- ☐ To sleep better
- ☐ To live longer
- ☐ To do better at my job
- ☐ To look younger
- ☐ To be less likely to die of heart disease or cancer
- ☐ To be happier
- ☐ To reduce my chance of liver disease
- ☐ To save money
- ☐ To achieve more in my life
- ☐ Other: _____



Step 4: Set a Drinking Limit

The purpose of this step is to decide on a drinking limit for yourself. Discuss this with your doctor or health-care provider so you can agree on a reasonable goal. Some people should not drink at all. For others, cutting back may be all that is needed.

Drinking Contract

Name: _____ Date: _____

☐ I choose to stop drinking

☐ I choose to cut back

How many days per week will I drink? _____

How many drinks will I have when I do drink? _____

How long does this contract last? _____

Your signature: _____

MD/HP signature: _____

Healthy Drinking Limits for Low Risk Drinking

Men ≤ 65 : no more than 14 drinks per week and 4 drinks per day

Men > 65 and All women: no more than 7 drinks per week and 3 drinks per day

What's a standard drink?

1 standard drink =

