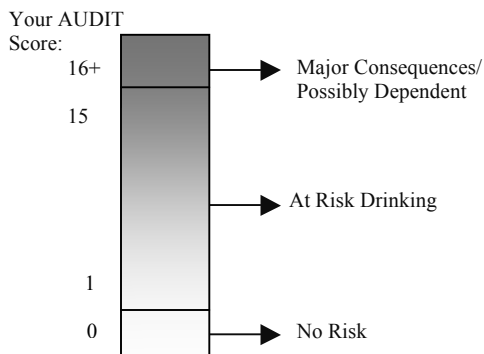


Zone 1: Blue

This brochure can help you learn about how drinking might be affecting your life and health, and help you explore whether you are interested in making any changes in your drinking patterns.



Step 1: Picture Your Drinking

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

Low Risk Drink Limits*		
	Per Day	Per Week
Healthy Men	4	14
Healthy Women	3	7
All ages ≥65	3	7
No drinking if driving, pregnant or possibly dependent		

*National Institute on Alcohol Abuse and Alcoholism, 2010

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: _____

What are your thoughts about your score and your risk group? _____

Step 2: Identify Good & Not-so-good Aspects of Your Drinking

What are some of the things you enjoy about drinking?

What are some of the not-so-good things associated with your drinking?

Decisional Balance

When comparing the good versus the not-so-good aspects of your drinking, what are your thoughts?

Rulers

Let's look at how important you feel it is to change your drinking pattern and how confident you are that you could make a change.

On a scale of 0-10, with 10 as extremely important and 0 not at all important, how important is it that you cut back or quit your alcohol use?

0 1 2 3 4 5 6 7 8 9 10
Not at all Extremely
important important

Why did you choose that number rather than a lower number?

On a scale of 0-10, with 10 being extremely confident, how confident do you feel about quitting (or cutting back)?

0 1 2 3 4 5 6 7 8 9 10
Not at all Extremely
confident confident

What causes you to have that much confidence? ____

What would make you even more confident than you are now? _____

Have you ever considered cutting back or quitting?

If so, why? _____

If not, what would have to happen for you to consider cutting back or quitting? _____

Step 3: Next Steps

On a scale of 0 (not at all ready) to 10 (extremely ready) how ready would you say you are to cut back or quit your drinking?

0 1 2 3 4 5 6 7 8 9 10
Not at all Extremely
ready ready

For a person your age and gender the NIAAA guidelines (from the chart under Step 1) suggest staying within the following limits:

_____ drinks per week _____ drinks per day

If you are pregnant or might possibly be dependent upon alcohol it is recommended you quit altogether.

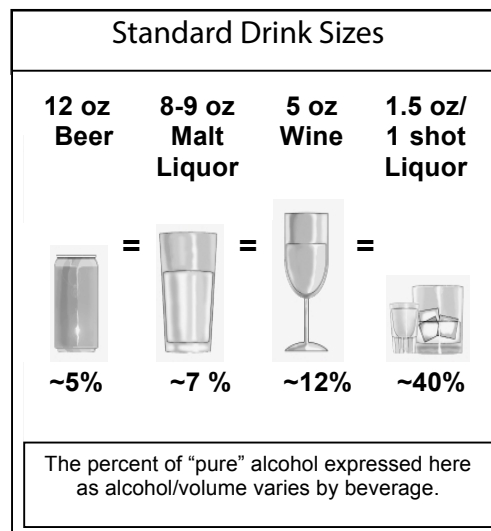
What do you want to do over the next few weeks?

- ☐ I choose to stop drinking
- ☐ I choose to cut back
- ☐ I'm not ready to make a change at this time
- ☐ I would like to think more about this decision
- ☐ I would like more information

If you choose to cut back, you may want to consider the following in designing your plan:

- How many standard drinks?
- How frequently?
- For what period of time?

Plan: _____



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, you may wish to read the rest of this brochure for suggestions on how to succeed with your plan.

Step 4: Identify Drinking Triggers

Many individuals discover that certain activities, feelings and/or situations trigger the urge to drink, including some of the items listed below:

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

What might some of your triggers be? When you get the urge to drink, you can remind yourself of your personal reasons for cutting back.

Step 5: Determine Ways to Cope with Trigger Situations

Different individuals manage their drinking triggers in different ways including some of the ways listed below:

Calling a friend
Reading a book
Going for a walk
Reading this pamphlet
Thinking about my reasons for quitting or cutting back
Congratulating myself for working to drink less
Playing a sport
Appreciating nature
Visiting a neighbor
Watching a movie
Telling myself my unpleasant feelings will pass
Thinking of good things that have come from cutting back
Thinking of something pleasant I could do tomorrow
Discussing with my partner ways to avoid arguments
Remembering that it is not necessary to drink to calm myself after an argument
Telling myself that drinking won't improve the situation
Telling others I am cutting back or quitting drinking to improve my health
What might you do to manage the urge to drink?

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.