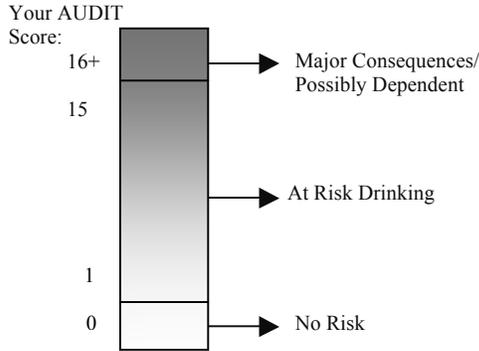


Zone 1: Blue

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?

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.