

Step 3: Discuss Any Lab Results, Medical Consequences (BP/glucose control), etc.

Step 4: Keep Moving Forward (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 | | |

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: _____

Step 5: Get Help

Many people find that they do better at reducing their drinking if they use some of the resources available to people who want to drink less. Talk with your healthcare provider about any of the following resources you might want or need:

- ☐ Medication: (naltrexone, acamprosate, or disulfam)
- ☐ Referral for counseling or brief treatment
- ☐ Support group (such as AA, NA, Celebrate Recovery, etc.)
- ☐ Referral to treatment or substance abuse program

Some people experience symptoms of withdrawal if they go for a while without drinking. If you go a day or two without drinking, do you ever get sick, shaky, have tremors/seizures, or see or hear things that are not there?

If withdrawal symptoms could be an issue for you, your health care provider can do one of the following:

- ☐ Arrange withdrawal treatment
- ☐ Provide a list of options for withdrawal treatment

