

# ALCOHOL

SELF HELP  
GUIDE



# Drinking Diary

Each day, record on this sheet, where, what, why and with whom you drank. In the small boxes, put the number of units consumed in the session. Start with today, then go back over the last 6 days.

DAY	Time of drinking	Type of alcohol	Number of units/pints/glasses etc	Who with?	Where drinking took place	Thoughts/ Feelings Before and afterwards	Effects of drinking	Money spent on drinking
			<b>Total units:</b>					<b>Total cost:</b>

Now check to find out how much it is safe to drink .....

# Points to Consider

Think about your drinking by completing this table:

The good things about my drinking	Not so good things about my drinking

Continue to think about your drinking by completing this table:

If I continue to drink at present levels these are some of the things that may happen to me....	If I drink less, the following things will be different in my life.....
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	

If you think that changing your drinking pattern would make you feel happier about yourself and your lifestyle, then ask yourself:

**DO I WANT TO CHANGE THE WAY I DRINK?**

# Reasons for Drinking

Tick the points that apply, add any other points and consider how you can achieve these without alcohol:

Reason for drinking	Tick if it applies to me	Other ways I might achieve this
To relax		
To give confidence		
Because friends do		
To help sleep		
For company		
Boredom		
I like the taste		
Because I'm angry		
To cope with worries		
To celebrate		

Now let's look at some practical ways of making your drinking less harmful

Plan how you will change your drinking by completing this table:

I Can Reduce My Drinking By...	This is an Easy/Difficult Strategy Because...
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	

My drinking goal this week is: .....Units

I will avoid the following situations this week:

Instead I will try to do the following, which will enable me to maintain a lower level of drinking:

What else I will change this week:

How will I reward myself if I succeed?

Signed \_\_\_\_\_

Date \_\_\_\_\_

Use this chart to track your success .....

Week number	Total units of alcohol drunk	Money saved
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		



Complete this chart to begin a new strategy....

Why I didn't succeed?	How I can improve on this next time?

# Think about your drink

## Ten Top Tips

1

### Alcohol free days

Have at least 2 days per week without alcohol

2

### Units

Know what a unit is and know how many you drink

3

### Targets

Decide how much you're going to drink before you go out and practice sticking to the target

4

### Food

Eat before you go out or whilst drinking as it slows alcohol absorption

5

### Drink spacers

Soft drink "spacers" between drinks can help to pace an evening

6

### Money limits

If you drink till your money is gone, take less money with you and leave the debit/credit cards at home

7

### Change drinks

Some drinks are much stronger than others, so change from a strong one to a weaker one can be an easier way to reduce your units

8

### Top ups

Avoid top ups so that you can keep track of your unit intake

9

### Avoid buying in rounds

Avoid them they encourage you to drink more than you would like out of loyalty to your friends

10

### Water

Alternate drinks with water to stay hydrated, and drink water before you go out so that you are not so thirsty

# More Resources

Are you drinking above lower risk guidelines?

Risk Level	Men	Women	Common Effects
<b>LOWER RISK</b>	14 units or fewer per week spread evenly across 3 days or more		<ul style="list-style-type: none"><li>• Increased relaxation</li><li>• Sociability</li></ul>
<b>INCREASING RISK</b>	15-49 units per week	15-34 units per week	<ul style="list-style-type: none"><li>• Less energy</li><li>• Depression/ stress</li><li>• Insomnia</li><li>• Impotence</li><li>• High blood pressure</li><li>• Memory loss</li><li>• Increased risk of liver disease and cancer</li></ul>
<b>HIGHER RISK</b>	More than 50 units per week (or more than 8 units per day)	More than 35 units per week (or more than 6 units per day)	

Useful websites: Information, apps, quizzes and fact sheets;

<https://www.catalystsupport.org.uk/>

<https://www.surreydrugandalcohol.com/>

<https://drinkcoach.org.uk/>

<https://alcoholchange.org.uk/help-and-support/check-your-drinking>

<https://alcoholchange.org.uk/alcohol-facts/interactive-tools/unit-calculator>

<https://resources.drinkaware.co.uk/all-resources/>

<https://www.nhs.uk/oneyou/for-your-body/drink-less/know-your-alcohol-units/>

