

Evaluating My Progress Towards Harm Reduction

“The curious paradox is that when I accept myself just as I am, then I can change.”
--Carl Rogers

Many HAMS members find it useful to periodically evaluate their progress. Many find that doing a weekly evaluation of their drinking progress can be helpful. What follows are some tools you can use to help you do a regular evaluation of your progress towards your harm reduction goals. If you are keeping a [Weekly Drinking Chart](#) then you may wish to do your evaluations when you sum up your drink totals for the week. Remember that you don't have to fill out all of the sheets--concentrate on the issues which are most important to you and if certain things are not problematic or irrelevant then you can skip them. Of course if you are having great success with your harm reduction plans and goals then you may not feel the need for these tools--as with all things in HAMS: Apply as needed.

When you evaluate yourself always remember to praise yourself. You should award yourself one gold star just for doing the evaluation. Remember that if you had even one less drink one day of the week you made a great success. One abs day is better than no abs days. Always praise every achievement no matter how small and never ever beat yourself up!

GENERAL CHECKLIST:

If you are doing regular evaluations of your progress you may find it very helpful to start by running through this general checklist which will only take a few minutes to complete. Areas covered are: Self Confidence, Self-Acceptance, and Satisfaction with Progress.

Self-Confidence:

Rate your confidence in your ability to succeed with your plan on the following scale from 1 to 10

1	2	3	4	5	6	7	8	9	10
Zero									Total
Confidence									Confidence

Are you satisfied with your confidence in your ability to succeed?

- Yes
- No

If you answered "no" then do some [Confidence Building Exercises](#) to help increase your confidence in your ability: (Note: we are using the term "Self-Confidence" in the same sense as some people use "Self-Efficacy")

Self-Acceptance:

Rate your Self-Acceptance on the following scale from 1 to 10.

1	2	3	4	5	6	7	8	9	10
Zero									Total
Self-Acceptance									Self-Acceptance

Are you satisfied with your level of Self-Acceptance?

- Yes
- No

If you answered "no" then do some [Self-Acceptance Exercises](#) to raise your Self-Acceptance. Remember that Self-Acceptance brings Self-Esteem.

Satisfaction with Progress:

Rate your satisfaction with sticking to your plan on the following scale from 1 to 10

1	2	3	4	5	6	7	8	9	10
Zero									Total
Satisfaction									Satisfaction

Are you satisfied with your progress?

- Yes
- No

If you answered "no" then do you want to try to stick to the same goal, plan, and strategies over again in the coming week?

- Yes
- No

If you answered "no" then:

Do you want to try changing your strategies?

- Yes
- No

If you answered "yes" then make a list of strategies you will use on your [Drinking Strategies Worksheet](#).

Do you want to try changing your goal?

- Yes
- No
- Maybe

If you answered "maybe" then we suggest that you go fill out the [Goal Selection Worksheet](#) to help you decide what is the best goal for you.

If you answered "yes" then what is your new goal? (circle one) (If you are uncertain what goal you wish to pursue then you may wish to fill out a [CBA](#) or use the [Goal Selection Worksheet](#) to help you decide on one of these.)

- Abstinence from alcohol
- Safer drinking
- Reduced drinking
- Safer and reduced drinking

Do you want to try changing your planned drinking numbers?

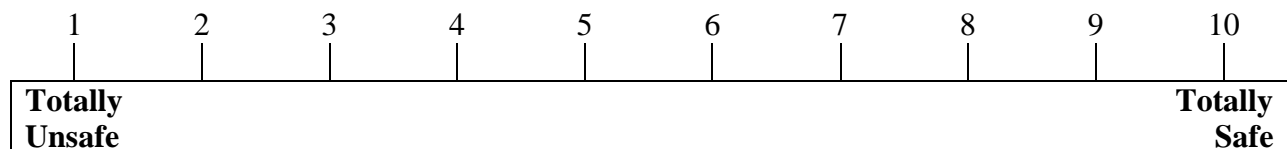
- Yes
- No

If you answered "yes" then did you suffer a Ricochet Effect because your plan was too strict? If so then make a less rigid plan for yourself. Or were your numbers too lax so that this led you to go out of control? If so then make a stricter plan for yourself or try an alcohol-free period.

Next write down new numbers in the planning section of your [Drinking Chart](#) for the coming week.

Safe Drinking

Rank your perception of your drinking safety on a scale of 1 to 10.



Are you satisfied with the safety of your drinking habits?

- Yes
- No

If your answer is "no" then use the [Risk Ranking Worksheet](#) and [The Alcohol Harm Reduction Toolbox](#) to help you tweak your risk reduction plan.

Always remember to work to keep your Self-Acceptance and self-confidence high even if you are struggling right now to attain your goals. It will pay off in the long run.

QUANTITIES AND SAFETY:

Reduced Drinking:

If **Reduced Drinking** is a harm reduction goal which you are pursuing, then you may wish to fill out a [Drinking Progress Chart](#) like the sample below so that you can see what kind of progress you are making week by week.

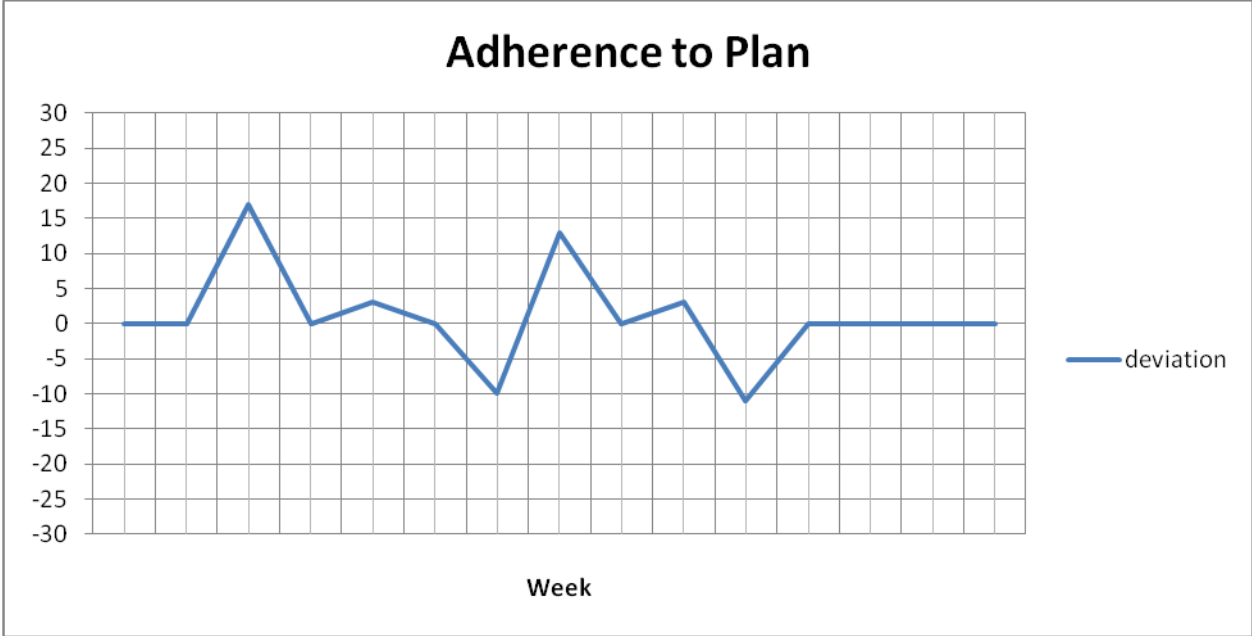
You can do this by taking the weekly drinking totals from your [weekly charts](#) and putting them into the [Drinking Progress Chart](#) so that you can see how much progress you are making. Even though our sample chart shows a lot of variations we can see an overall trend to less drinking when we look at a chart like this.



Sticking to a Plan:

If making a weekly drinking plan and sticking to it is an important harm reduction goal for you then you may want to fill out a [Plan Adherence Chart](#) like the sample below.

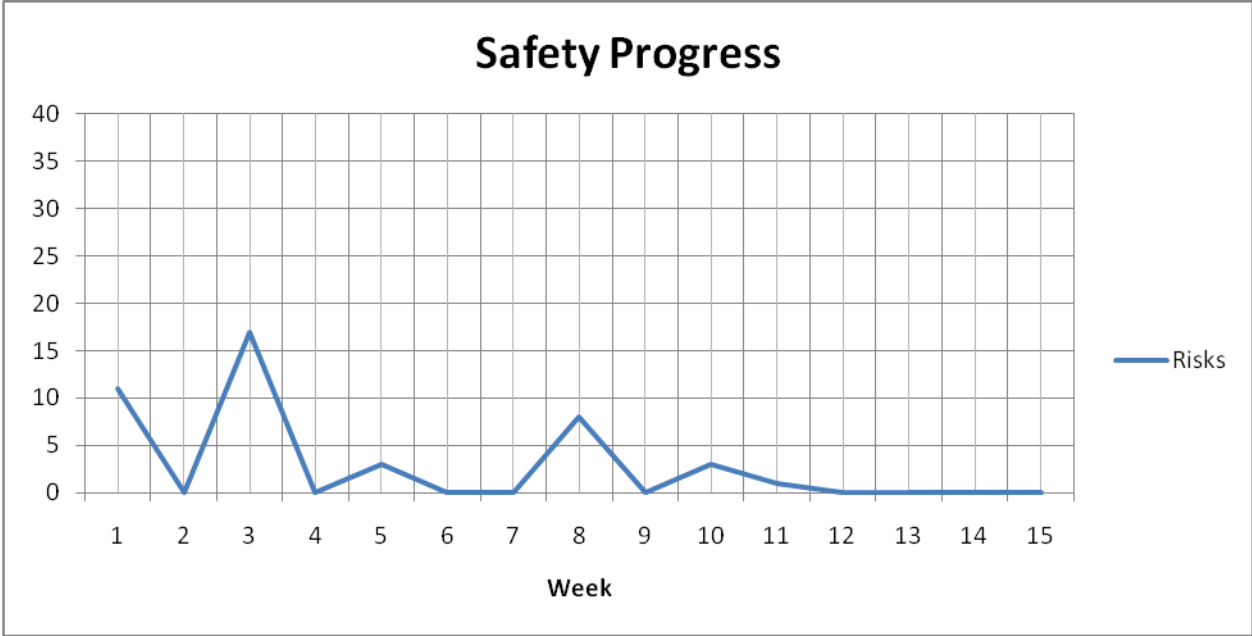
You can subtract the actual drinking total for the week on your [weekly chart](#) from the planned total and enter this number into your [Plan Adherence Chart](#) to see how well you are sticking to plans over time as in the sample chart below:



A zero means that you stuck to the plan and a negative number means that you did better than planned!

Safer Drinking:

If Safer Drinking is a part of your drinking goal then you may wish to fill out a [Safety Progress](#) chart like the sample below. This will help you to track changes toward safer drinking habits each week as you continue to pursue your harm reduction plan. The number that you enter for each week on your Safety Progress Chart will be the Grand Total which you will obtain from your [Risk Tracking Chart](#). Instructions for using the Risk Tracking Chart are [Here](#).



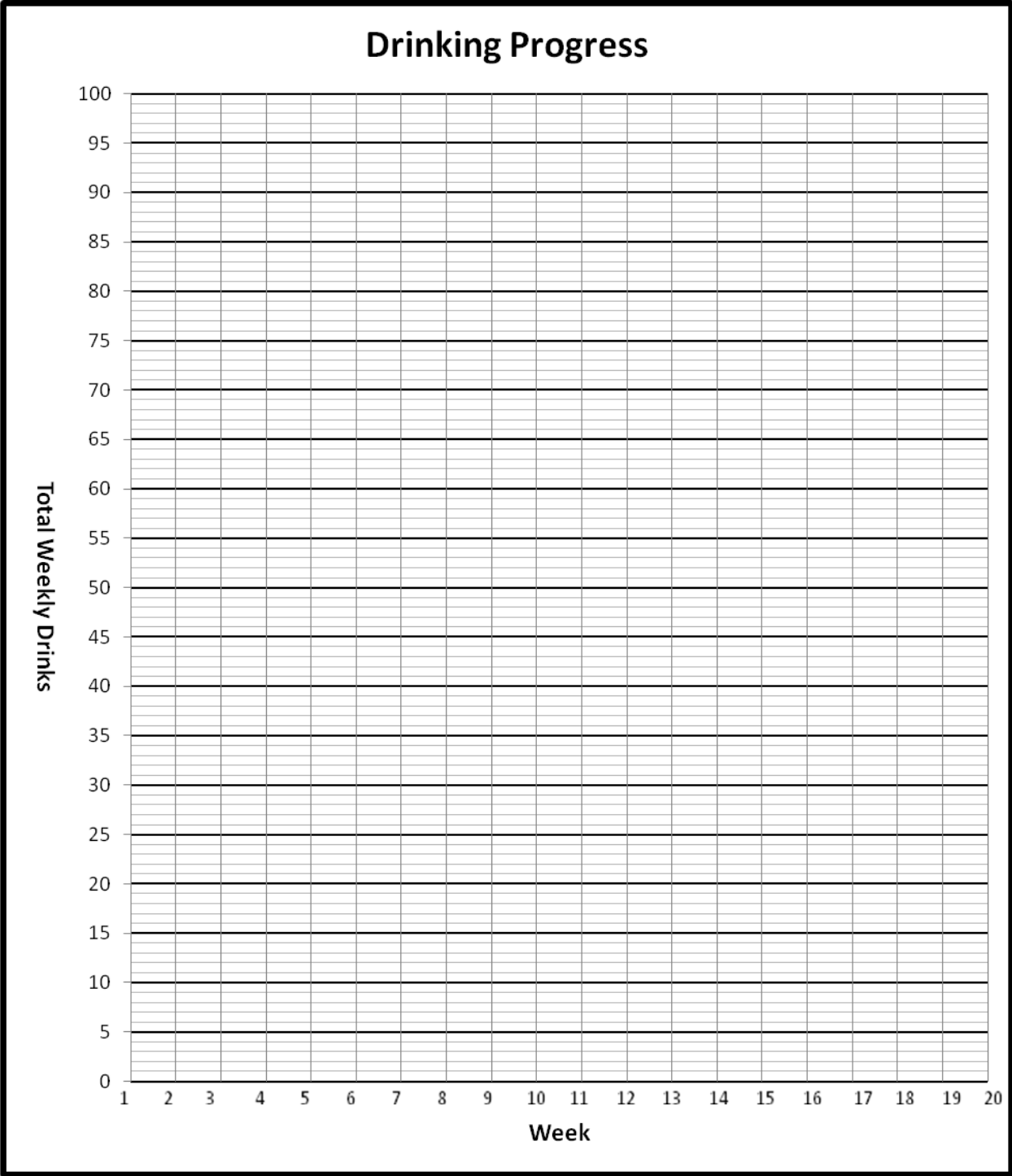
Confidence Building Exercises

[A Self-Confidence Enhancement Exercise](#)

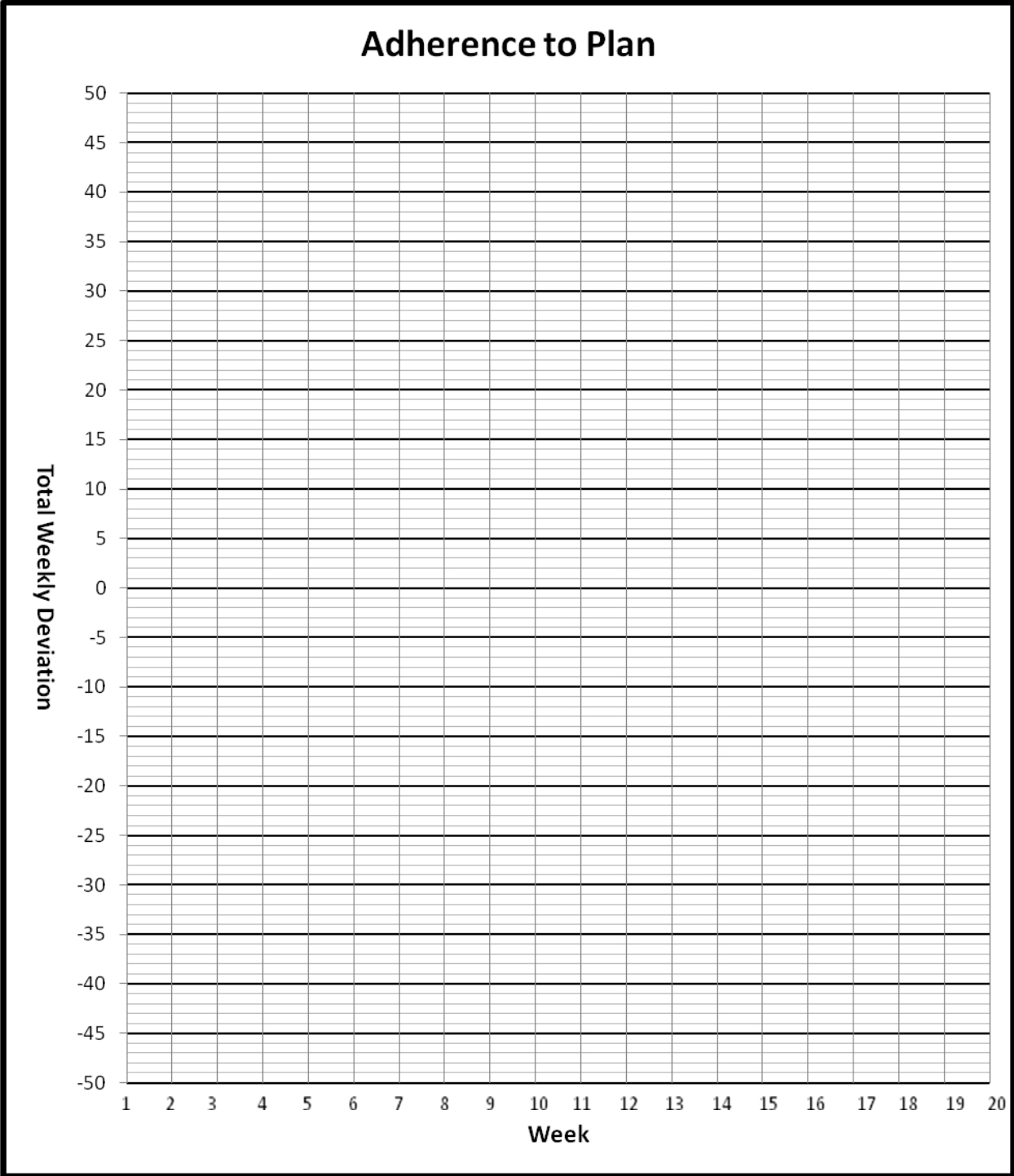
Self-Acceptance Exercises

[Affirmations](#)

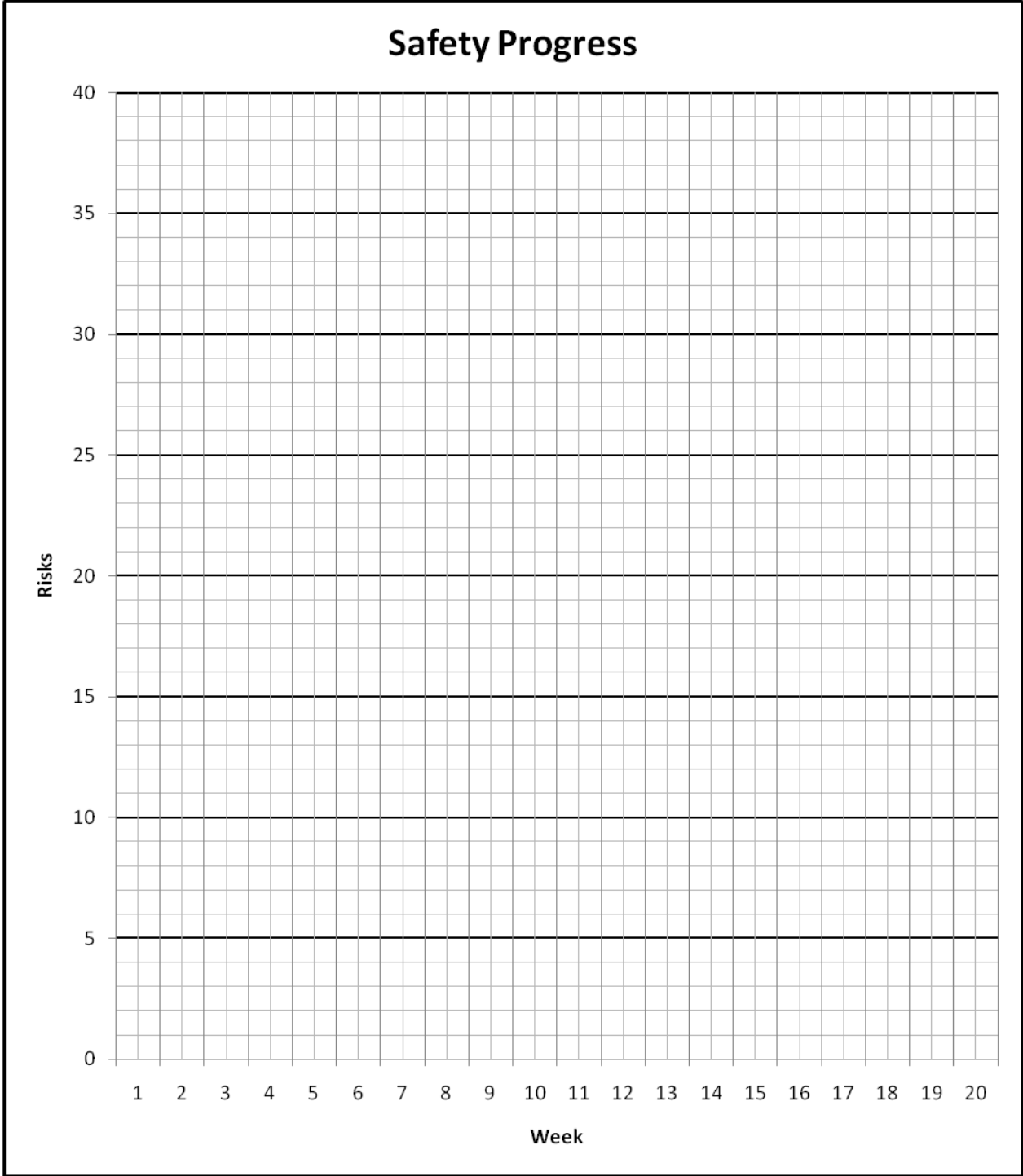
Drinking Progress Chart



Plan Adherence Chart



Safety Progress Chart



Affirmations

- I have the power to change my life for the better
- I have the power to change my drinking for the better
- I deserve to feel good about myself because I am human
- I am worthy of feeling good about myself
- Negativity only harms myself
- Happiness is a habit I will cultivate

Instructions for Using the Risk Tracking Chart

Fill in your Risky Behaviors and their ranks from the information you filled out in your [Risk Ranking Worksheet](#). Write down the number of times you engaged in each risky behavior for each day of the week--then add them up to get the subtotal for each risky behavior. Multiply by the Rank to get the Total then add up the Totals to get the Grand Total.

Take a look at the [Sample Risk Tracking Chart](#) for an example.