

Sample Drinking Goal Worksheet

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The advantages of continuing to drink the same as always:

- Change is hard
- Change takes effort
- Staying where I am at is easy
- I love to get loaded
- I am a romantic--live fast and die young

The disadvantages of continuing to drink the same as always

- I have a DUI that will cost me a fortune
- If I kill someone driving drunk I could go to prison
- I am afraid the boss will smell alcohol on my breath if I come in hungover
- I have no time to do anything but drink

Advantages of safer drinking

- I will not get another DUI
- I will not go to prison for killing someone driving drunk
- I won't get my pocket picked in a bar when I am drunk
- I won't get beaten up drunk in a bar

Disadvantages of safer drinking:

- I will always have to plan ahead
- If I am drunk I might forget to be safe
- It is a lot of work to plan to avert all bad things
- I can't be a romantic risk-taker rock star if I think ahead
- It is really hard to walk to the bar or take a taxi instead of driving
- Drinking at home instead of going out is no fun

<p>Advantages of reduced drinking:</p> <ul style="list-style-type: none">• I will save money• I won't have to worry about the boss smelling alcohol on my breath when I am hungover• I will have more time to do my homework• I will get better grades in school• I will have more time for friends and family	<p>Disadvantages of reduced drinking:</p> <ul style="list-style-type: none">• I won't know what else to do with my time• Moderate drinking isn't real drinking• Getting intoxicated one day a week is not enough
<p>Advantages of quitting:</p> <ul style="list-style-type: none">• Quitting is simple and clear cut• I won't have to worry about doing stupid things when I am drunk• I won't have to worry about going over my limit• I will save a lot of money• I will have more time to do my homework• I will get better grades in school• I will have more time for friends and family• My wife says she wants me to quit for good	<p>Disadvantages of quitting:</p> <ul style="list-style-type: none">• I can't have fun with alcohol anymore• My friends will think I am a weirdo• I won't be able to blow off stress with alcohol• I will be afraid to talk to new people if I am not drinking

Always be sure to write down both positives and negatives. If you do not acknowledge the positives of your bad habits they will get stuck in your unconscious and they will sneak up and blindside you. If you bring them forth into the light of day you often see that they have little to recommend them after all.

Don't be afraid to write down anything even if it sounds silly. This is a chance to work things out of your system safely without harming yourself or others.