

## My Drinking Plan Worksheet (SAMPLE)

This is the worksheet to help you make your overall drinking plan. You can put down your specific daily and weekly plans each week on your drinking charts. You don't have to fill in every blank--just the ones that are the most relevant to your situation.

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<b>My Drinking Goal (circle one)</b>	<b>Quitting</b>	<b>Safer Drinking</b>	<b>Reduced Drinking</b>	<b>Both Safer And Reduced Drinking</b>
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<b>My ideal drinking limits</b>	<b>Daily 4</b>	<b>Weekly 20</b>
<b>My upper drinking limits</b>	<b>Daily 10</b>	<b>Weekly 40</b>
<b>Alcohol abstinence days per week</b>	<b>Ideal 2</b>	<b>At least 0</b>
<b>My current drinking level (if known)</b>	<b>Daily 10</b>	<b>Weekly 60</b>

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**High risk behaviors to work on** DRUNK DRIVING

**My plan for changing these high risk behaviors** GIVE MY CAR KEYS TO MY ROOMMATE BEFORE I START DRINKING.

**Outside issues to work on** FINANCIAL HEALTH, RELATIONSHIPS

**My plan for addressing these outside issues** FIND A SECOND JOB, JOIN EHARMONY AND FIND A BOYFRIEND

**My tools and strategies** DRINK CHARTING, AVRT FOR ABSTINENCE DAYS

**My damage control plan** I WILL NOT BEAT MYSELF UP AND ENGAGE IN A BOUT OF PITY DRINKING IF I FAIL TO STICK TO MY IDEAL PLAN. I WILL ALWAYS TRY TO GIVE MY CAR KEYS TO MY ROOMMATE BEFORE I DRINK ANYTHING AT ALL.