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.

My Drinking Goal (circle one)
Quitting
Safer Drinking
Reduced Drinking
Both Safer And Reduced Drinking

My ideal drinking limits
Daily 4
Weekly 20

My upper drinking limits
Daily 10
Weekly 40

Alcohol abstinence days per week
Ideal 2
At least 0

My current drinking level (if known)
Daily 10
Weekly 60

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.