

3.2) My Drinking CBA - Cost Benefit Analysis

Continue my drinking the same as always.

Pros	Cons

Opt for (circle one)

Safer Drinking ♦ Reduced Drinking ♦ Quitting ♦ Safer & Reduced Drinking

Pros	Cons

My Drinking Plan Worksheet

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
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My ideal drinking limits **Daily** _____ **Weekly** _____

My upper drinking limits **Daily** _____ **Weekly** _____

Alcohol abstinence days per week **Ideal** _____ **At least** _____

**My current drinking level
(if known)** **Daily** _____ **Weekly** _____

High risk behaviors to work on _____

My plan for changing these high risk behaviors _____

Outside issues to work on _____

My plan for addressing these outside issues _____

My tools and strategies _____

My damage control plan _____

My drinking chart

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly
Plan	Plan	Plan	Plan	Plan	Plan	Plan	Plan
#_____	#_____	#_____	#_____	#_____	#_____	#_____	#_____
mods abs hr	mods abs hr	mods abs hr	mods abs hr	mods abs hr	mods abs hr	mods abs hr	mods abs hr
Actual	Actual	Actual	Actual	Actual	Actual	Actual	Actual
#_____	#_____	#_____	#_____	#_____	#_____	#_____	#_____
success? Y N	success? Y N	success? Y N	success? Y N	success? Y N	success? Y N	success? Y N	success? Y N
Mood	Mood	Mood	Mood	Mood	Mood	Mood	Satisfaction
safety? Y N	safety? Y N	safety? Y N	safety? Y N	safety? Y N	safety? Y N	safety? Y N	Notes

Abbreviations: mods = moderation; abs = alcohol abstinence; hr = harm reduction

One US standard drink contains 0.6 oz (14g, 17.7) of ethanol. This is equal to one 12 oz beer at 5% alcohol or one 5 oz glass of wine at 12% alcohol or one and one half oz of 80 proof liquor. Other countries use different measures.

Weekly rating: one star each for - charting, planning, keeping within plan, avoiding risk, doing something extra * * * * *