

# How much is too much? Extended Brief Intervention



ASSESSING READINESS TO CHANGE

## Importance of changing drinking behaviour

On a scale of 0 (not at all) to 10 (very important) what number would you give yourself right now?

My rating:

- Why are you here and not higher? Or lower?
- What would need to happen for you to get to a higher point?
- How can I help you get from where you are now to a higher number?

## Confidence about changing drinking behaviour

On a scale of 0 (not at all) to 10 (very confident) what number would you give yourself right now?

My rating:

- Why are you here and not higher? Or lower?
- What would need to happen for you to get to a higher point?
- How can I help you get from where you are now to a higher number?

## The pros and cons of changing your drinking

What are the good things about changing your drinking and what are the not so good things?

**Pros**

**Cons**

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.....	.....
.....	.....
.....	.....
.....	.....

**Where does this leave you?**



# A six-step plan for changing your drinking habits

## Identify good reasons for changing: Can you think of 2-3 good reasons?

Reason 1 .....

Reason 2 .....

Reason 3 .....

## Set yourself a goal to achieve change: Is this achievable?

What? .....

Where? .....

When? .....

## Recognise difficult times or situations: When might be the hardest times?

Time 1 .....

Time 2 .....

Time 3 .....

## Prepare for difficult times/situations: Think of a ways of dealing with hard times?

Time 1 .....

Time 2 .....

Time 3 .....

## Find someone to support you: Is there a family member/friend who might help?

Who? .....

Remember, nobody's perfect!  
If at first you don't succeed, try again.