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?

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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.

This brief intervention package is based on the Drink-Less programme originally developed at the University of Sydney as part of a W.H.O. collaborative study.

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