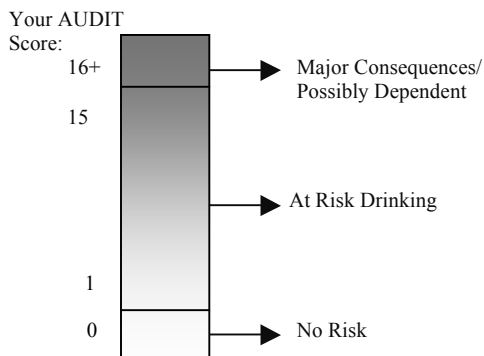


# Healthy Habits, Healthy Lives

This brochure can help you learn about how drinking might be affecting your life and health, and help you explore whether you are interested in making any changes in your drinking patterns.



## Step 1: Picture Your Drinking

**Low-risk drinking**—no drinking or drinking small amounts. People are not likely to have problems related to drinking.

**At Risk drinking**—drinking amounts that put people at risk for problems from their drinking.

**Major consequences/possibly dependent**—drinking has resulted in multiple problems. People drinking at this level may get sick or shaky if they try to stop.

**Your AUDIT score:** \_\_\_\_\_

**Your group:** \_\_\_\_\_

What are your thoughts about your score and your risk group? \_\_\_\_\_

\_\_\_\_\_

## Step 2: Identify Good & Not-so-good Aspects of Your Drinking

What are some of the things you enjoy about drinking?

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What are some of the not-so-good things associated with your drinking?

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## Decisional Balance

When comparing the good versus the not-so-good aspects of your drinking, what are your thoughts?

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# Healthy Habits, Healthy Lives

## Rulers

Let's look at how important you feel it is to change your drinking pattern and how confident you are that you could make a change.

On a scale of 0-10, with 10 as extremely important and 0 not at all important, how important is it that you cut back or quit your alcohol use?

\_\_\_\_\_

**0 1 2 3 4 5 6 7 8 9 10**

**Not at all** **Extremely**

**important** **important**

Why did you choose that number rather than a lower number? \_\_\_\_\_

On a scale of 0-10, with 10 being extremely confident, how confident do you feel about quitting (or cutting back)?

\_\_\_\_\_

**0 1 2 3 4 5 6 7 8 9 10**

**Not at all** **Extremely**

**confident** **confident**

What causes you to have that much confidence? \_\_\_\_\_

What would make you even more confident than you are now? \_\_\_\_\_

Have you ever considered cutting back or quitting?

If so, why? \_\_\_\_\_

If not, what would have to happen for you to consider cutting back or quitting? \_\_\_\_\_



Zone II: Red Brochure

## Step 3: Next Steps

On a scale of 0 (not at all ready) to 10 (extremely ready) how ready would you say you are to cut back or quit your drinking?

\_\_\_\_\_

**0 1 2 3 4 5 6 7 8 9 10**

**Not at all** **Extremely**

**ready** **ready**

Some people have the following after a day or two without drinking. Have these ever happened to you: gotten sick or shaky, had tremors, felt nauseated, felt your heart racing, had seizures, seen or heard things that were not there? Yes \_\_\_ No \_\_\_

If so, talk to your healthcare provider about options for treating these symptoms.

*If you are pregnant or might possibly be dependent upon alcohol it is recommended you quit altogether.*





What do you want to do over the next few weeks?

- I choose to stop drinking
- I choose to cut back
- I'm not ready to make a change at this time
- I would like to think more about this decision
- I would like more information

If you choose to cut back, you may want to consider the following in designing your plan:

- How many standard drinks?
- How frequently?
- For what period of time?

Plan: \_\_\_\_\_

Standard Drink Sizes			
<b>12 oz Beer</b>	<b>8-9 oz Malt Liquor</b>	<b>5 oz Wine</b>	<b>1.5 oz/ 1 shot Liquor</b>
	= 	= 	= 
<b>~5%</b>	<b>~7 %</b>	<b>~12%</b>	<b>~40%</b>
<p>The percent of "pure" alcohol expressed here as alcohol/volume varies by beverage.</p>			

# Healthy Habits, Healthy Lives

## Step 4: Menu of Options

Many people find that they do better at reducing their drinking if they use some of the resources available to people who want to drink less. Talk with your healthcare provider about any of the following resources you might want or need:

*Medication* (naltrexone, acamprosate, disulfiram)

*Referral:*

Counseling/Brief Treatment

Support Group (e.g., AA, NA, Celebrate Recovery)

Treatment or substance abuse program

If withdrawal symptoms could be an issue for you, your health care provider can arrange withdrawal treatment or provide a list of options for withdrawal treatment.

If possible, we will try to help you make any needed contacts before you leave today. \*Please leave your best contact number(s) with your health care provider.

***Congratulations!*** You have taken a first step toward better health by discussing your drinking with your health care provider. Between now and your next visit, you may wish to read the rest of this brochure for suggestions on how to succeed with your plan.

## Step 5: Identify Drinking Triggers

Many individuals discover that certain activities, feelings and/or situations trigger the urge to drink, including some of the items listed below:

Parties/Celebrations	Use of tobacco
Boredom	Use of drugs
Tension	Sleep problems
Loneliness	Family
Friends	Feelings of failure
Frustration	Criticism
Children	Anger
Weekends	Other people drinking
Arguments	Going out after work
Crisis situations	TV, radio or magazine ads

What might some of your triggers be? When you get the urge to drink, you can remind yourself of your personal reasons for cutting back.

## Step 6: Determine Ways to Cope with Trigger Situations

Different individuals manage their drinking triggers in different ways including some of the ways listed below:

Calling a friend

Reading a book

Going for a walk

Reading this pamphlet

Thinking about my reasons for quitting or cutting back

Congratulating myself for working to drink less

Playing a sport

Appreciating nature

Visiting a neighbor

Watching a movie

Telling myself my unpleasant feelings will pass

Thinking of good things that have come from cutting back

Thinking of something pleasant I could do tomorrow

Discussing with my partner ways to avoid arguments

Remembering that it is not necessary to drink to calm myself after an argument

Telling myself that drinking won't improve the situation

Telling others I am cutting back or quitting drinking to improve my health

What might you do to manage the urge to drink?

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## ***Remember***

We, as your health care providers, are interested in your progress toward a healthful lifestyle. Changing old habits is not easy. We are available for support and follow-up as you change your drinking behavior. If you have a day when you drink more than you planned, just remember, don't give up. We are a phone call away and believe YOU can reach your goal.