

# What Can I Do to Cut Down or Stop Drinking?



Join a support group



Set a drink limit



Seek talk therapy



Be physically active



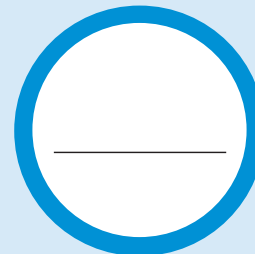
Start a hobby



Eat a healthy diet



Take all of my medicine as prescribed



Other

One way I want to cut down or stop drinking is to *(for example, be more active)*:

My goal for this week is to *(for example, walk 5 times a week)*:

When will I do it? *(for example, after work)*:

How often will I do it? *(for example, Monday thru Friday)*:

What might get in the way of my plan? *(for example, having a drink at home)*:

What can I do about it? *(for example, I will go straight to the park after work)*:

How confident am I that I can reach this goal? *circle one*:

0	1	2	3	4	5	6	7	8	9	10
Not at all		A little confident			Somewhat confident			Very sure		Totally confident

Follow-up plan (how and when): \_\_\_\_\_