

cutting down
your **drinking**
drinks diary



We drink alcohol when we are out and we drink when we are at home. Alcohol is so much a part of our lives that we don't think twice about it until it has already become a problem. Most people don't realise they are drinking too much and aren't worried about their drinking.

This diary is for people who have realised that their drinking is, or might become, a problem and want to keep a record of their pattern of alcohol intake to help them to cut down.

Every time you have an alcoholic drink you should write it down as soon as possible before you forget what you've had. And be honest. There isn't much point in pretending to yourself that you are drinking less – taking control of your drinking means trusting yourself that you can make a change. Even a small change is a good start and allows time for new habits to become more routine.

Keeping a diary helps you focus on what you are trying to achieve. There are suggestions along the way for ways to drink less.

Recommended limits

The UK Department of Health has set recommended sensible drinking guidelines based on medical and scientific evidence of the short- and long-term effects of alcohol.

- **Women** should not drink more than 2–3 units per day and no more than 14 units per week. For women who are pregnant or trying to conceive, drinking no alcohol is the best and safest choice.
- **Men** should not drink more than 3–4 units per day and no more than 21 units per week.
- **Everyone** should have at least two alcohol-free days per week.

Fill in the diary to allow you to continue to record your drinking pattern and identify changes which will help you to cut down your drinking. The first line is filled in as an example.

Plan ahead and think of days you can avoid alcohol.

⇒ *Slow down; pace yourself and put your glass down between sips.*



Activities	Cost	Consequences	Units
<i>Eating</i>	<i>£7</i>	<i>Sleepy</i>	<i>6</i>

Total for the week _____

Drinks diary week 2

Date

Time

Place

Who with



At home, don't finish the bottle – keep some for another day.

⇒ Remember, you don't have to match your friends drink for drink.



Activities	Cost	Consequences	Units

Total for the week _____

Drinks diary **week 3**

Date	Time	Place	Who with

 ***Beware of salty snacks, as they can make you more thirsty.***

⇒ *Pace yourself; miss a few drinks
or have a non-alcoholic spacer.*



Activities	Cost	Consequences	Units

Total for the week _____

Drinks diary **week 4**

Date

Time

Place

Who with

Date	Time	Place	Who with

 ***Keep busy, to keep your mind off having a drink.***



***Savour what you are drinking
– don't just knock it back.***



Activities

Cost

Consequences

Units

Activities	Cost	Consequences	Units

Total for the week _____

Drinks diary week 5

Date	Time	Place	Who with

➔ *Switch to smaller measures, dilute your drink or change to a drink with a lower alcohol content.*



Avoid having an alcoholic drink every round, if you are drinking in a round.




Activities	Cost	Consequences	Units

Total for the week _____

Drinks diary **week 6**

Date	Time	Place	Who with

 **Consider socialising without drinking; go to the cinema, play football, go for a walk, meet for a coffee.**

⇒ *Introduce some drinking 'rules', for example, don't drink before 8 pm.*



Activities	Cost	Consequences	Units

Total for the week _____

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