

DRINKS DIARY

Use the table below to monitor how much you are drinking

To work out Units as Vol ie: 568mls = a pint of beer X by the % of alcohol and divide by 1000, e.g 1 Pint = 568 mls X (by the percentage of alcohol (5) = 2,840 then divide by 1000 = 2.84 units

Day	Time	What were my feelings/emotions when wanting and craving a drink? <i>EG: I felt slightly anxious regarding my job. I wanted to have a drink at 5.30pm to relax</i>	Where was I & who was I with? <i>EG: I was at home & with my partner</i>	What helped you stay on track <i>EG: I went out to walk the dog</i>	Feelings? Scale of 1 = Sad 10 = Happy	Why did you score that score? <i>EG: Although I didn't drink, I thought about it for too long, it made me nervous.</i>
Monday	AM					
	PM					
Tuesday	AM					
	PM					
Wednesday	AM					
	PM					
Thursday	AM					
	PM					
Friday	AM					
	PM					
Saturday	AM					
	PM					
Sunday	AM					
	PM					

Looking at the chart above what changes might be helpful? Some ideas might include:

Total Weekly Units =

- Drinking in places which will help me to keep in control
- Think about choosing a drink with a lower alcohol content
- Trying to reduce by 1-2 drinks
- Considering how I feel before I start to drink and how I might feel afterwards
- Try to take days off in between drink days