

My Drinking Goal Worksheet

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The advantages of continuing to drink the same as always:

The disadvantages of continuing to drink the same as always

Advantages of safer drinking

Disadvantages of safer drinking:

<p>Advantages of reduced drinking:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Disadvantages of reduced drinking:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Advantages of quitting:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Disadvantages of quitting:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Always be sure to write down both positives and negatives. If you do not acknowledge the positives of your bad habits they will get stuck in your unconscious and they will sneak up and blindside you. If you bring them forth into the light of day you often see that they have little to recommend them after all.

Don't be afraid to write down anything even if it sounds silly. This is a chance to work things out of your system safely without harming yourself or others.