# **Alcohol Harm Reduction Exercises**

| My W  | Veekly HAM  | IS Plan  |  |  |  |  |
|---|---|--|--|--|--|--|
| From _  | mmdd  | уууу /   | Tomm _   | dd   | _ уууу   |  |
| drinking<br>you nee<br>may also<br>change<br>reduce y | eek's goal(s): (Cog and reduced draws and reduced draws and to shoot for an o decide that you your mind. Or your amounts. Cong week.) | inking this v<br>d that you a<br>u wish to abs<br>ou may alrea | veek. Or you re currently obtain but that addy be a safe | may decide the day with the you will drinker who the | nat safer drin<br>amount you o<br>k safely just i<br>eels that you | ker is what<br>drink. You<br>n case you<br>need to |
|   | Safer drinking  | □ Reduce   | ed/moderate  | drinking [   | Alcohol Al   | bstinence  |
| *   | ******  | *****  | *****  | ******   | *****  |  |
| Safer   | Drinking P  | lan, Rep   | ort  |  |  |  |
| From _  | mmdd  | yyyy /   | Tomm _   | dd   | _ уууу   |  |
| and write<br>some per<br>problem                      | eek's safer drinl<br>te up a strategy/people may choose<br>as whereas others<br>th, hence both op                                     | olan which y<br>e to stop drin<br>s may choos                  | ou will use to<br>nking/getting<br>e to stop drin        | o avoid the under drunk in pub                       | desirable bel<br>lic if it cause                                   | navior. Note:<br>s them                            |
|   | □ No drinkin  | g and driv   | ving.  |  |  |  |
| My stra   | ntegy   |  |  |  |  |  |
|   |   |  |  |  |  |  |
| Report  | : Were you succ   | essful?  |  |  |  |  |
| Day 1   | Day 2   | Day 3  | Day 4  | Day 5  | Day 6  | Day 7  |
| □ Yes   | □ Yes   | □ Yes  | ☐ Yes  | □ Yes  | □ Yes  | □ Yes  |
| $\square$ No  | □ No  | □ <b>No</b>  | □ <b>No</b>  | $\square$ No   | □ <b>No</b>  | □ No   |

|                 | No drinki             | ng on work   | nights.      |              |              |              |
|-----------------|-----------------------|--------------|--------------|--------------|--------------|--------------|
| My strate       | e <b>gy</b>           |              |              |              |              |              |
| ·               | <i>8</i> v            |              |              |              |              |              |
|                 |                       |              |              |              |              |              |
|                 |                       |              |              |              |              |              |
|                 |                       |              |              |              |              |              |
| Report: \       | Were you suc          | ccessful?    |              |              |              |              |
| Day 1           | Day 2                 | Day 3        | Day 4        | Day 5        | Day 6        | Day 7        |
| □ Yes           | □ Yes                 | □ Yes        | □ Yes        | □ Yes        | □ Yes        | □ Yes        |
| □ No            | □ <b>No</b>           |              |              | □ <b>No</b>  |              | $\square$ No |
|                 | egy                   | 6.10         |              |              |              |              |
| Report: \ Day 1 | Were you sud<br>Day 2 | Day 3        | Day 4        | Day 5        | Day 6        | Day 7        |
| □ Yes           | ☐ Yes                 | ☐ Yes        | ☐ Yes        | ☐ Yes        | ☐ Yes        | ☐ Yes        |
|                 |                       |              |              |              |              |              |
| □<br>My strate  | No drunk              | dialing.     |              |              |              |              |
| _               | Were you su           |              |              |              |              |              |
| Day 1           | Day 2                 | Day 3        | Day 4        | Day 5        | Day 6        | Day 7        |
| □ Yes           | ☐ Yes                 | ☐ Yes        | ☐ Yes        | ☐ Yes        | ☐ Yes        | ☐ Yes        |
| $\square$ No    | $\square$ No          | $\square$ No | $\square$ No | $\square$ No | $\square$ No | $\square$ No |

|              | No drunk     | emailing.    |              |              |              |              |
|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Mv strat     | egy          |              |              |              |              |              |
| <b>3</b>     |              |              |              |              |              |              |
|              |              |              |              |              |              |              |
|              |              |              |              |              |              |              |
|              |              |              |              |              |              |              |
| Report: \    | Were you su  | ccessful?    |              |              |              |              |
| Day 1        | Day 2        | Day 3        | Day 4        | Day 5        | Day 6        | Day 7        |
| □ Yes        |
| □ No         | □ No         | □ No         |              | □ No         |              | □ No         |
| My strate    | egy          |              |              |              |              |              |
| Report: \    | Were you su  |              |              |              |              |              |
| Day 1        | Day 2        | Day 3        | Day 4        | Day 5        | Day 6        | Day 7        |
| □ Yes        | □ Yes        | □ Yes        | □ Yes        | ☐ Yes        | □ Yes        | □ Yes        |
| □ No         | $\square$ No | $\square$ No | $\square$ No | $\square$ No | $\square$ No | □ No         |
| My strate    | No drinki    | ng on an ei  | npty stoma   | ach.         |              |              |
| _            | Were you su  |              |              |              |              |              |
| Day 1        | Day 2        | Day 3        | Day 4        | Day 5        | Day 6        | Day 7        |
| □ Yes        | ☐ Yes        |
| $\square$ No |

|            | No public          | drinking/d  | lrunkennes | SS.         |              |             |
|------------|--------------------|-------------|------------|-------------|--------------|-------------|
| My strate  | e <b>gy</b>        |             |            |             |              |             |
| ·          |                    |             |            |             |              |             |
|            |                    |             |            |             |              |             |
|            |                    |             |            |             |              |             |
|            |                    |             |            |             |              |             |
| Report: \  | Were you su        | ccessful?   |            |             |              |             |
| Day 1      | Day 2              | Day 3       | Day 4      | Day 5       | Day 6        | Day 7       |
| □ Yes      | □ Yes              | □ Yes       | □ Yes      | □ Yes       | □ Yes        | □ Yes       |
| □ No       |                    | □ No        |            | □ No        | $\square$ No |             |
|            | <b>N</b> T 1 · 1 · | ,           |            |             |              |             |
|            | No drinki          | ng alone.   |            |             |              |             |
| My strat   | egy                |             |            |             |              |             |
| wiy siran  | egy                |             |            |             |              |             |
|            |                    |             |            |             |              |             |
|            |                    |             |            |             |              |             |
|            |                    |             |            |             |              |             |
|            |                    |             |            |             |              |             |
| Report: V  | Were you su        | ccessful?   |            |             |              |             |
| Day 1      | Day 2              | Day 3       | Day 4      | Day 5       | Day 6        | Day 7       |
| □ Yes      | □ Yes              | □ Yes       | □ Yes      | □ Yes       | □ Yes        | □ Yes       |
| □ No       | □ <b>No</b>        | □ <b>No</b> |            | □ <b>No</b> |              | □ <b>No</b> |
|            | <b>.</b> .         |             |            |             |              |             |
|            | No angry           | drinking.   |            |             |              |             |
| Mr. atmat. |                    |             |            |             |              |             |
| wiy sirau  | egy                |             |            |             |              |             |
|            |                    |             |            |             |              |             |
|            |                    |             |            |             |              |             |
|            |                    |             |            |             |              |             |
|            |                    |             |            |             |              |             |
| Report: \  | Were you su        | ccessful?   |            |             |              |             |
| Day 1      | Day 2              | Day 3       | Day 4      | Day 5       | Day 6        | Day 7       |
| □ Yes      | □ Yes              | □ Yes       | □ Yes      | □ Yes       | □ Yes        | □ Yes       |
| □ No       | □ No               | □ No        | □ No       | □ No        | □ No         | □ No        |

|             | No depres    | sed drinki | ng.   |             |       |             |
|-------------|--------------|------------|-------|-------------|-------|-------------|
| My strate   | egy          |            |       |             |       |             |
|             |              |            |       |             |       |             |
|             |              |            |       |             |       |             |
|             |              |            |       |             |       |             |
| Report: V   | Vere you suc | ccessful?  |       |             |       |             |
| Day 1       | Day 2        | Day 3      | Day 4 | Day 5       | Day 6 | Day 7       |
| □ Yes       | □ Yes        | □ Yes      | □ Yes | □ Yes       | □ Yes | □ Yes       |
| □ No        | □ No         |            |       | □ <b>No</b> |       | □ <b>No</b> |
|             | 041 6        | 1 • 1 •    |       |             |       |             |
|             | Other safe   | e drinking | goal  |             |       |             |
|             |              |            |       |             |       |             |
|             |              |            |       |             |       |             |
| My strate   | M            |            |       |             |       |             |
| wiy siraic  | gy           |            |       |             |       | <del></del> |
|             |              |            |       |             |       |             |
|             |              |            |       |             |       |             |
|             |              |            |       |             |       |             |
|             |              |            |       |             |       |             |
|             | Vere you suc |            |       |             |       |             |
| Day 1       | Day 2        | Day 3      | Day 4 | Day 5       | Day 6 | Day 7       |
| □ Yes       | ☐ Yes        | ☐ Yes      | ☐ Yes | ☐ Yes       | ☐ Yes |             |
| □ No        |              |            |       | □ <b>No</b> |       | □ <b>No</b> |
|             | Other sef    | drinking   | ഹവി   |             |       |             |
|             | Other said   | uiliking   | guai  |             |       |             |
|             |              |            |       |             |       |             |
|             |              |            |       |             |       |             |
| My strate   | ·σv          |            |       |             |       |             |
| iviy struct | '8J ———      |            |       |             |       |             |
|             |              |            |       |             |       |             |
|             |              |            |       |             |       |             |
|             |              |            |       |             |       |             |
|             |              | 0.70       |       |             |       |             |
| _           | Vere you suc |            | D (   |             | D (   |             |
| Day 1       | Day 2        | Day 3      | Day 4 | Day 5       | Day 6 | Day 7       |
| □ Yes       | ☐ Yes        | ☐ Yes      | ☐ Yes | ☐ Yes       | ☐ Yes | ☐ Yes       |

### **REWARD**

If you made a plan this week then give yourself one golden hamster.



If you did better this week than before you made a plan then give yourself two golden hamsters.





If you met this week's goals then give yourself three golden hamsters.







And if you exceeded your goals this week give yourself four golden hamsters!









# Weekly Reduced/Moderate Drinking Plan and Report

| From                                   | mmdd                       | уууу /   | Tomm _                           | dd   | _ уууу  |                                |
|--|----------------------------|--|----------------------------------|--|---|--------------------------------|
| positive cl<br>wish. Any<br>you abstai | hange. You no reduction is | nay choose ze<br>still a reducti<br>e to taper off | ero abstinence<br>on. If you sta | a. Note that He days or zero<br>art having phy<br>HAMS article | moderation over which with drawn and moderation of the moderation | days if you<br>wals when       |
| No more                                | than sta                   | ndard drink  | s <sup>1</sup> per day           |  |   |                                |
| No more                                | than sta                   | ndard drink  | s per week                       |  |   |                                |
| Alco                                   | ohol abstinen              | ce days per  | week                             |  |   |                                |
| Into                                   | xicated days               | per week   |                                  |  |   |                                |
| Mod                                    | lerate drinki              | ng² days per                                       | week                             |  |   |                                |
| set amour<br>days.                     | nt of cash to              | the bar, cou                                       | nt drinks, m                     |  | s, eat first, a   | ts, take only a<br>dd more abs |
| -                                      | (Write down used and then  |  |                                  | ks you consu   | med each day  | and the                        |
|  |                            |  |                                  | Dor. 5   |   | Dow 7                          |
| Day 1                                  | Day 2                      | Day 3  | Day 4                            | Day 5  | Day 6   | Day 7                          |
|  |                            |  |                                  |  |   |                                |
| Strategies                             | s used                     |  |                                  |  |   |                                |
| Day 1                                  | Day 2                      | Day 3  | Day 4                            | Day 5  | Day 6   | Day 7                          |
|  |                            |  |                                  |  |   |                                |
|  |                            |  |                                  |  |   |                                |
|  |                            |  |                                  |  |   |                                |

| Total number of drinks consumed this week        |
|--|
| Total number of abstinence days this week        |
| Total number of moderate drinking days this week |
| Total number of intox days this week             |
|  |

### **REWARD**

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| Alcohol Abstinence Weekly Plan And Report.   |
|--|
| Frommmdd yyyy / Tommdd yyyy  |
| <b>Plan:</b> (Check which goal you wish to pursue and fill in the number of days if applicable. We generally consider a period of 30 days or less to be short term. 31 days or longer is long term.) |
| $\Box$ Short term abstinence of days   |
| $\square$ Short term abstinence for an indefinite period   |
| $\Box$ Long term abstinence of days  |
| $\square$ Long term abstinence for an indefinite period  |
| ☐ Permanent abstinence   |
| Suggested Strategies: See a movie, read a book, join a club/group, attend HAMS or SMART or some other group, use CBT, tell the urge to go away.  |
| Other strategies (list some of your own):  |
|  |
|  |
|  |
| Report: Day 1: If you abstained report the strategies you used   |
|  |
| If you did not abstain report the number of drinks and the harm reduction strategies used  |
| Day 2: If you abstained report the strategies you used   |
| If you did not abstain report the number of drinks and the harm reduction strategies used  |
| Day 3: If you abstained report the strategies you used   |

If you did not abstain report the number of drinks and the harm reduction strategies used

Day 4: If you abstained report the strategies you used

If you did not abstain report the number of drinks and the harm reduction strategies used

Day 5: If you abstained report the strategies you used

If you did not abstain report the number of drinks and the harm reduction strategies used

Day 6: If you abstained report the strategies you used

If you did not abstain report the number of drinks and the harm reduction strategies used

Day 7: If you abstained report the strategies you used

If you did not abstain report the strategies you used

#### REWARD

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<sup>&</sup>lt;sup>1</sup> One standard American drink contains 0.6 ounces of alcohol. Many bar drinks contain more than one standard drink--so use caution in counting them. A 12 oz beer at 5% alcohol is one standard drink. 5 oz of wine at 12% alcohol is one standard drink. One and a half oz of hard liquor at 80 proof (40%) is one standard drink. A bottle of wine contains 5 standard drinks. A 200 ml bottle of hard liquor (80 proof) contains 4 and a half standard drinks. A 375 ml bottle of hard liquor (80 proof) contains 8 and a half standard drinks. A 750 ml bottle (a "fifth") of hard liquor (80 proof) contains 17 standard drinks. A liter of hard liquor (80 proof) contains 22 and a half standard drinks.

<sup>&</sup>lt;sup>2</sup> HAMS defines moderate drinking as no more than 4 drinks per day for a man and no more than 2 and a half drinks per day for a women. HAMS weekly limits for moderate drinking are 12 drinks for a man and 7 and a half drinks for a woman.