

My Drinking Plan Worksheet

This is the worksheet to help you make your overall drinking plan. You can put down your specific daily and weekly plans each week on your drinking charts. You don't have to fill in every blank--just the ones that are the most relevant to your situation.

My Drinking Goal (circle one)	Quitting	Safer Drinking	Reduced Drinking	Both Safer And Reduced Drinking
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My ideal drinking limits **Daily** _____ **Weekly** _____

My upper drinking limits **Daily** _____ **Weekly** _____

Alcohol abstinence days per week **Ideal** _____ **At least** _____

**My current drinking level
(if known)** **Daily** _____ **Weekly** _____

High risk behaviors to work on _____

My plan for changing these high risk behaviors _____

Outside issues to work on _____

My plan for addressing these outside issues _____

My tools and strategies _____

My damage control plan _____
