

## TIPS FOR DRINKING IN MODERATION

- **PLAN AHEAD!** Decide on the time period over which you will drink and what your limit will be. Then work out how long each drink must last and pace your drinking accordingly. Limit the amount of money you take with you to spend.
- **AVOID GULPING** - Take smaller sips and sip more slowly. Count the number of sips you take to finish your glass and then try to increase that on the next drink.
- **PUT DOWN YOUR GLASS BETWEEN SIPS** - If it is your hand you will drink from it more often.
- **DON'T REFILL YOUR GLASS UNTIL IT IS EMPTY** - and don't let others (friends, waiters) refill it either.
- **ALTERNATE YOUR DRINKS** - Try having an orange juice or a soft drink between alcoholic drinks.
- **COUNT** - Count your drinks.
- **DRINK LOW ALCOHOL BEVERAGES** - Try light or low alcohol beers in preference to regular beers.
- **DILUTE YOUR DRINKS** - By adding mixers to spirits, soda to wine, etc.
- **NEVER DRINK ALCOHOL TO QUENCH YOUR THIRST** - Try drinking iced water or a soft drink first if you are thirsty.
- **AVOID SALTY NIBBLES** - Such as crisps and nuts as they increase thirst.
- **EAT BEFORE DRINKING** - This will mean that your drink will take longer to absorb and will have less effect on you. It will also mean that you won't be tempted to drink to stop hunger or simply to fill an empty stomach.
- **AVOID DRINKING IN 'SHOUTS'** - Buy your own drinks, explaining that you are trying to cut down. Alternatively order soft drinks or skip rounds.
- **SAY 'NO THANKS'**
- **ORDER SMALLER SIZES** - of drinks, e.g., drink middles/half pints instead of schooners/pints.
- **DON'T HAVE YOUR FAVORITE DRINK** - Try switching to a less favoured drink (although make sure it isn't a stronger one) to help break the habit e.g. try a different beer to your usual. Drinking a less favoured drink might also mean you drink it more slowly.

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## DRINK DIARY

DAY	TIME	NUMBER OF DRINKS CONSUMED IN EACH SESSION	TYPE OF DRINK CONSUMED	OTHER PEOPLE INVOLVED	WHERE THE DRINKING TOOK PLACE	COMMENTS: FEELINGS BEFORE, DURING AND AFTER EACH DRINKING SESSION
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						