Handout: Alcohol Reduction Goals

Alcohol Goal

List your Alcohol Goal(s) here. You can wait until Week 5 to actually start your alcohol goal.

Examples:

Drink water between alcoholic drinks.

Reduce my alcohol use to one drink per evening on Friday and Saturday nights.

Drink only on special occasions (birthday, holiday). One drink max.

Completely quit drinking alcohol.

Obstacles

Things I will need to achieve my goal(s):

Things that might make achieving my alcohol goal(s) more difficult: