

Four A's for Managing Alcohol Consumption

AVOID. What are the highly tempting situations in which you might drink more than your plan?

Avoid these situations if possible over the next month.

1. _____

2. _____

ALTER. For situations you can't avoid, how can you alter them to make them easier?

1. _____

2. _____

ALTERNATIVES. What can you do with your mouth and hands when you want to drink and it is a day you are not drinking or have already reached your limit?

1. _____

2. _____

ACTION. When you get the urge to drink and it does not fit with your drinking plan, what can you do to be active or busy until the urge passes?

1. _____

2. _____

Are there situations in which it will be a challenge to stay within your drinking limits? If so, list them and what you will do to effectively manage those situations.

1. _____

Plan _____

2. _____

Plan _____