



# quick tips for cutting down

## 1. IDENTIFY THE GOOD REASONS FOR CUTTING DOWN.

Think of some good reasons for cutting down your alcohol consumption. These reasons might include losing weight, avoiding hangovers, having a clearer head and better memory. Choose some reasons that make sense to you:

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## 2. SET SOME GOALS.

Pick a day when you plan to start cutting down and set your daily drinking goals each week. Then record your drinking, in a drinking diary, to help work out whether you're on track to meet your goals. If you don't achieve your goals, work out some practical strategies to help you next time.

## 3. BE AWARE OF HIGH-RISK TIMES.

There will be times when you will find cutting down difficult, no matter how much you want to change. Common high-risk times might be after work, at a party, watching sports events, or when you feel lonely, stressed or depressed. Think of some high-risk times for you:

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## 4. MANAGE THE HIGH-RISK TIMES.

Now that you have identified your high-risk times you need to work out how to manage them and deal with the situation. Some ways of coping with high-risk times might include planning to do other things at times when you would usually drink, making sure you eat before drinking and alternating non-alcoholic drinks with alcoholic drinks, switching to low-alcohol drinks or just avoiding high-risk places and people. Think now about practical and sensible ways to deal with the high-risk times that you wrote down at step 3. Then, on a daily basis, think about each of your high-risk times and imagine how you will manage those times using these ideas.

## 5. IDENTIFY SOMEONE YOU TRUST TO SUPPORT YOU.

Often people find it is easier to cut down if they have someone they can talk to and be honest with who supports them and their decision. This person might be your partner, a friend, or perhaps a colleague who also wants to cut down. Your doctor or other health professional can also support you.

## 6. STICK TO YOUR GOALS.

Some habits are difficult to break. Using the tips on this sheet will help you. Talk to your support person to help you get through the times when you are finding it hard to stick to your goals. Each time you stop yourself from doing something by habit you are another step closer to breaking that habit altogether. Your cravings will pass more easily if you're occupied doing something else.