

Drink Diary

Use the table below to monitor how much you are drinking:



	What did I drink?	How much?	Situation (who with/where) Incident/Trigger?	Feelings/ Thoughts?	Consequences/What did I do?
MON					
TUES					
WED					
THUR					
FRI					
SAT					
SUN					

Looking at the chart above what changes might be helpful?

Some ideas might include:

- Trying to reduce by 1-2 drinks
- Drinking in places which will help me to keep in control
- Considering how I feel before I start to drink and how I might feel afterwards
- Thinking about choosing a drink with a lower alcohol content