

## What Is HAMS?

The letters H, A, M, S, stand for Harm reduction, Alcohol abstinence, Moderation, Support. HAMS is a free-of-charge, lay-led support group for people who want to change their drinking for the better.

HAMS believes that people are most successful when they work on goals which they have chosen for themselves. HAMS and HAMS members never attempt to choose a goal for anyone else--we each choose our own goal for our self. HAMS supports goals of safer drinking, reduced drinking, or quitting.

HAMS offers practical, how-to, information about ways to reduce your drinking, to drink safely or to quit. HAMS can be done either alone or as part of a support group. The goal of HAMS is to help each individual find a relationship with alcohol that they can be happy with.

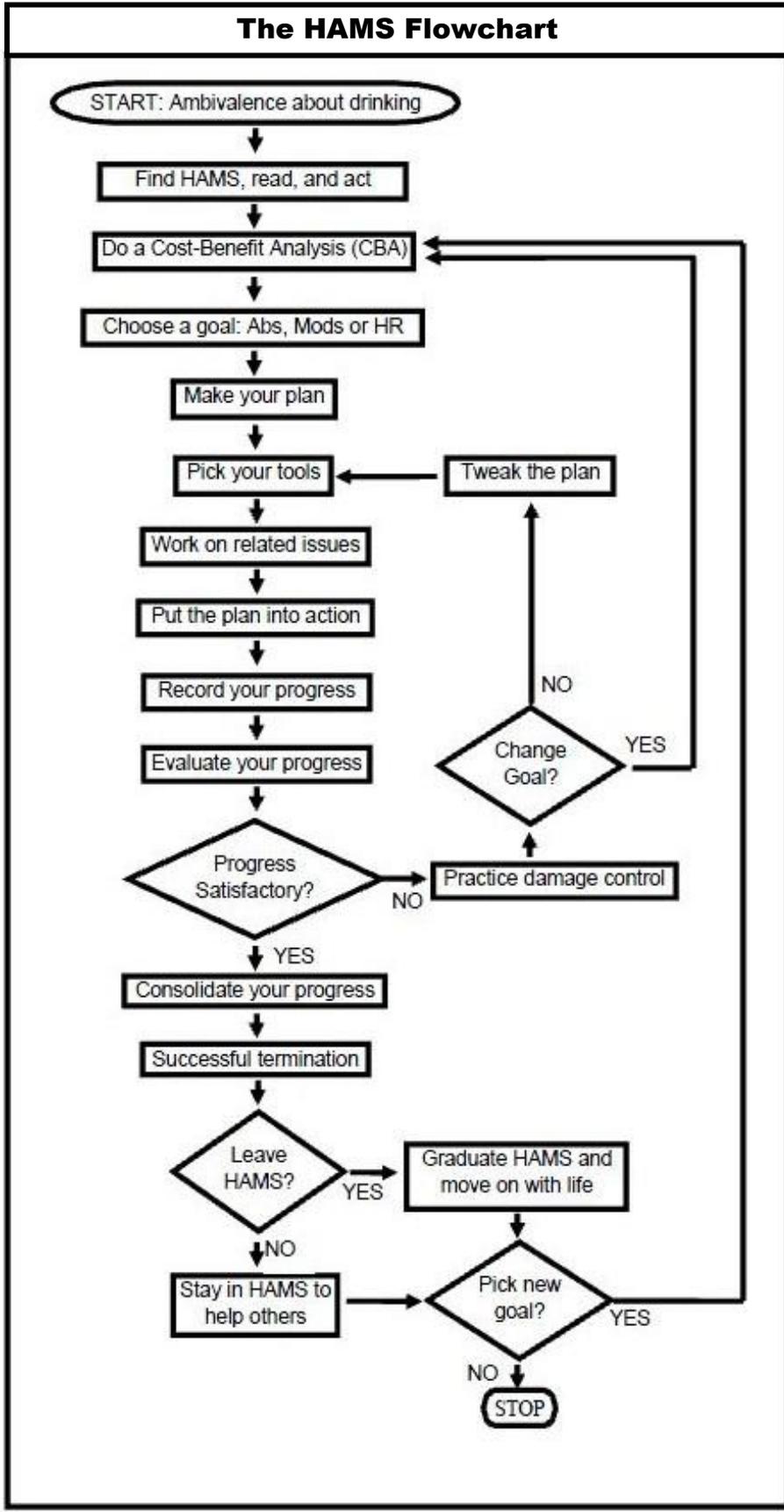
### The Eleven Elements of the HAMS Process

This is the HAMS process of changing your drinking for the better. The goal is a happier life for you. Not everyone starts at element one. Some people start at element 5 or 6 or elsewhere. That is why these are not steps strictly speaking and why we call them elements instead. The HAMS flowchart helps to illustrate the HAMS process.

- 1. Do a Cost Benefit Analysis (CBA) of your drinking and choose a drinking goal-- safer drinking, reduced drinking, or quitting.**
- 2. Learn about risk ranking**
- 3. Learn about the HAMS tools and strategies.**
- 4. Make a plan to achieve your drinking goal based on what you learned and what you know.**
- 5. Address outside issues that affect drinking.**
- 6. Use a chart to plan and track your drinking day by day.**
- 7. Evaluate your progress**
- 8. Practice damage control as needed.**
- 9. Revise and revamp plans, goals, and strategies as needed**
- 10. Graduate from HAMS or choose to stick around HAMS for continued support or to help others.**
- 11. Come back for a tune up if needed. Or come back to work on a new goal or issue.**

### How Long Does It Take To Change a Habit?

You might have heard that it takes 21 days to change a habit. This myth was started by a man selling a 21 day program for money. HAMS doesn't charge--so we will tell you the truth. Different people take different amounts of time to change different habits. James Prochaska has done research on change and found that tough habits like drinking or smoking cigarettes tend to have milestones at three months, six months, a year, and five years. People don't develop bad habits overnight and they don't change them overnight either. Don't be hard on yourself if you have some slips and don't become perfect overnight--or even in the mythical 21 days.



## **Elements One: Doing the CBA and Choosing a Drinking Goal**

If you have no idea yet if your drinking goal should be safer drinking, reduced drinking, or quitting, then we recommend that you fill out our **Drinking Goal CBA Worksheet** (p 8 - 11) to help you decide which goal might be the best for you. If you have already picked a drinking goal we suggest that you fill out a **Regular CBA** (p 19 - 20) to help make your goal more concrete and to increase your motivation.

### **Element Two: Risk Ranking**

HAMS recognizes that harm is hierarchical--some harms are worse than others. HAMS also recognizes that there are two types of risk associated with drinking alcohol--risk associated with the quantity consumed and risk associated with situations behaviors while drinking.

HAMS encourages members to be familiar with our two **Risk Charts** (p 12). Remember that drunk driving is more dangerous than drunk dialing, and so on. After you are familiar with risk ranking please fill out the **Risk Ranking Worksheet** (p 13 - 14). Plan ahead to ensure that you will avoid the worst risks before you take the first drink.

### **Element Three: HAMS Tools and Strategies**

All of the following tools and strategies are optional elements which you may choose to use as a part of you drinking plan. We don't expect anyone to use all of them--pick and choose the ones which are useful to you.

Abstinence day, Abstinence period, Tapering, Baby Steps - Gradualism, Safe drinking strategies, Reduced drinking strategies, Quitting strategies, AA deprogramming, Marijuana Maintenance, CBT, AVRT, Charting, Journaling, Drinking Medications, Geographical Cure, Bar drinking, Home drinking, Limiting cash, Starting later, Stopping sooner, Drink switching

See our pamphlet "**HAMS Tools and Strategies**" for more info.

### **Element Four: Making a Plan**

HAMS does not require people to follow a certain arbitrary moderate drinking limits or else quit. HAMS meets people where they are at and encourages every positive change. Some people might not choose to change the amount that the drink at all and focus solely on safer drinking. Some might choose to drink to intoxication twice a week and abstain five days. Some might choose to drink every day of the week but never more than four drinks per day. Still others might choose to only drink on Christmas and their birthday and abstain the rest of the year, while some may choose to quit altogether. Some might choose to stay within the USDA's definition of moderate drinking (two per day for men and one per day for women). There are as many possible different plans as there are people.

HAMS encourages you to write out your drinking plan in detail--you may share it with a HAMS live or online group if you wish. We also strongly encourage you to use the **HAMS Drinking Plan Worksheet** (p 15 - 16) as an aid in making your plan. Additionally, we you may use the **HAMS Drinking Charts** (p 17 - 18) to make a **daily or weekly plan** each day or week. Remember, at HAMS if you are not satisfied with your plan you can always go back and revise it at any time. Sometimes people start with a plan that is too harsh or restrictive. Other times people feel that their plan was not ambitious enough. Feel free to revamp the plan any time it seems necessary to you.

Remember, some people change all at once and some people change a little bit at a time. We call the latter process **Baby Stepping** (some other people call it Gradualism). An example of **Baby Stepping** is to do one abstinence day per week for the first month--two in the second month, three in the third month, and so forth.

### **Element Five: Outside Issues**

Very often it is essential for us to address outside issues in order to get a handle on our drinking issues. HAMS is not an expert on all the outside issues which are related to drinking--we recommend that you seek help above and beyond HAMS if you need it either by reading more books or finding a professional to help you. However, everyone is always welcome to discuss these issues all that they want in live or online HAMS groups. Sometimes just talking about it makes you feel better. The following are some really common outside issues which can have a major impact on our drinking habits:

- ❖ Mental Health
  - Depression
  - Anxiety
  - Panic
  - Social phobia
  - PTSD
- ❖ Physical Health
- ❖ Financial Health
- ❖ Insomnia
- ❖ Boredom
- ❖ Relationships
- ❖ Environment
- ❖ Self Esteem Enhancement
- ❖ Social Life

Often medication can help with mental health issues or insomnia, so do not hesitate to talk to a doctor about these issues. There is a lot of info on these medications on the HAMS web site, too.

### **Element Six: Charting**

Charting means keeping a record of how many standard drinks you have each day. Many HAMS members report that measuring and charting helps them to keep a handle on their drinking. The

**HAMS Drinking Charts** (p 17 - 18) can be used to make a plan as well as keep a record if you so choose. Many people have found that the act of recording their drinks can help them to cut down without even consciously trying. Be sure to measure your drinks and record standard drinks.

### **Element Seven: Evaluate Your Progress**

- Give yourself one gold star for charting your drinks.
- One gold star for writing down a plan on the chart.
- One gold star if you stay within the weekly plan.
- One gold star for avoiding risky behaviors.
- And one gold star if you exceed your plan or do something extra good for yourself like go to the gym or read a book or drink less than the plan allowed.

Feel free to literally paste gold stars on your **Drinking Chart**. If you find yourself going over your limits a lot or engaging in lots of risky behavior then you might want to consider an abstinence period to reset your mindset about alcohol. Or you might want to relax your drinking limits if you think you have made them too strict.

If your actual consumption and drinking behavior deviates a lot from your plan then you may want to consider revising the plan or the goal. Don't beat yourself up for being less than perfect, though! Research shows that beating yourself up for being less than perfect is likely to make you drink more. Instead, forgive yourself and start over. Studies of smokers found that only one in twenty quit on the first try--multiple attempts at changing a habit are the rule, not the exception.

Be gentle with yourself and practice damage control while you are getting set to start over.

### **Element Eight: Damage Control**

If you slip up and fail to follow your plan perfectly then the worst possible things you can do are the following:

- Beat yourself up and tell yourself that you are weak and worthless for failing to stick to your plan perfectly
- Tell yourself that you might as well be hung for a sheep as a lamb
- Tell yourself that one drink means one drunk because you are powerless and diseased

All of these things can lead to something which we call the **Rebound Effect**. Here is an example of the **Rebound Effect**. A person makes a New Year's resolution to go on a strict diet and to go to the gym and work out every day. The person sticks to this for one week. The second week the person starts missing gym sessions. The third week the person says to him/herself "Ahh screw it! I am just a weak and worthless person who can never change anyway, I might as well drown my sorrows in a quart of ice cream!" and the person not only gives up exercise and the diet, but begins to eat twice as much as before he/she ever made the resolution in the first place!!

This is a perfect example of the **Rebound Effect**. People who never drank and drove in their lives may drink and drive after attempting to quit alcohol as a result of the **Rebound Effect**. Others may drink themselves into alcohol withdrawal as a result of the **Rebound Effect** even though they never had withdrawal before.

But **no one has to** suffer from the **Rebound Effect**. Research by Alan Marlatt proves that people who are prepared to accept the fact that change might take some time and that there may be some setbacks on the way are prepared for those setbacks. These people do not beat themselves up for their imperfections.

So be prepared to forgive yourself for being normal instead of perfect. And have a backup plan in place to insure that you do not drink and drive or otherwise engage in worse drinking behaviors than you did before you ever tried to change. (Note--the **Rebound Effect** was first discovered by Alan Marlatt who called it the **Abstinence Violation Effect** or AVE.)

### **Element Nine: If necessary switch your plan or goal**

Sometimes you just need to make several tries to succeed with your plan. As the old saying goes, "If at first you don't succeed, try, try again. But sometimes people are better off switching to a new plan. How do you decide if you need to stick to your original plan or switch to a new one? If you have a strong gut feeling that your plan is the right one for you, then we suggest that you stick with it. However, if you are quite uncertain as to whether or not your plan is right for you, we suggest going back and doing a new **Cost Benefit Analysis (CBA)**. Some people may have set too strict a goal for themselves and have set themselves up to fail. If this is the case then they may need to go back and relax their plan and goal. Others may be having a hard time sticking within their drinking limits and may choose to do an abstinence period to reset their drinking habit patterns. Still others may decide that the costs of drinking are simply not worth the benefits and choose to quit instead of cut back. These are all valid choices. Just always remember that the choice is yours.

### **Element Ten: Graduating From HAMS or Sticking Around**

Research by Prochaska and others shows us that once a person has broken a bad habit, the grip of that habit gets weaker and weaker the longer the person practices their new and healthy behaviors. At HAMS we encourage people to get a life and not become dependent on HAMS as a substitute addiction. The less time you think about your old habits the less you will feel any call to return to them. If you quit drinking then you will lose all interest in alcohol after a year or so unless you go to AA every day and tell yourself constantly that you are powerless over alcohol.

Some people find that helping others is a great boost to their self-esteem and a wonderful tool in helping them to stick to their HAMS plan. Choosing to help other by volunteering in a soup kitchen or a needle exchange or by sticking around HAMS to help newcomers are all good.

### **Element Eleven: Coming Back**

Sometimes people who have graduated HAMS and who have been successfully following their plan decide that they want to trade in their old plan for a new one. People who have been abstaining for a few years may decide that they now want to try moderate social drinking. People who have been practicing a safer drinking plan may decide that it is now time for abstinence. And so on and so forth. Some people may find that they are slipping a bit on their plans after a while and decide to come back for a tune-up. Whatever the reason you are always welcome back at HAMS to tune-up your old plan or to work on a new one.

We also love it when successful graduates of HAMS come back for a visit and tell us about what worked for them in changing their bad habits and replacing them with good habits. And we love it even more when they tell us that they now have a great life and the thought of going back to the bad old days never crosses their minds any more.

### Where Do I Start?

It isn't necessary to do the elements of HAMS in any particular order; different people decide to start the process of changing their drinking in different ways. The following are some common ways that people use to get started:

**The CBA** - If you don't have any particular preference to start somewhere else we suggest that you start with the CBA and go through the elements in the listed order

**Drink charting** - Some people start by charting their drinks and get a baseline of what their drinking is like

**Damage control** - If alcohol is causing a lot of immediate harm in your life then damage control may be your first step. Rank your risks and eliminate the biggest risks first.

**Tapering** - If you think that you might have alcohol withdrawal symptoms then it is important to taper before doing any abstinence days--alcohol withdrawal can hurt or even kill you if you stop cold turkey. See our pamphlet "**How to Taper off Alcohol**" for more info.

**Abstinence day** - If you have been drinking every day for a long time sometimes one abstinence days is the way to get started. Be sure to taper first if necessary.

**Abstinence period** - An abstinence period can help to totally reset your drinking habits whether you choose a week, a month or even more. Again, taper if needed.

**Baby stepping** - Even if you do not have to taper for withdrawal, some people find it most effective to change a little bit each week or each month instead of all at once.

**The big change** - Some people decide exactly what they want their drinking to be like and make the change overnight. Different strokes for different folks.

**Planning** - some people already know what their goal is and want to jump right into making the plan. Making a plan before doing a CBA works fine--but we do urge you to do a written CBA eventually

**Medication** - some people start out with a medication like naltrexone or Topamax to help them change their drinking.

**Just hang out** - If you still don't know how you want to get started just hang out with a live or online group for a while.

**Anything else** - If you think of some other way that you want to start then that is good, too. We find people do the best when they follow their own hearts.





**Choosing Your Drinking Goal:  
A Cost-Benefit Analysis (CBA) Worksheet**  
(SAMPLE) (page 1 of 2)

**The advantages of continuing to drink the same as always:**

- Change is hard
- Change takes effort
- Staying where I am at is easy
- I love to get loaded
- I am a romantic--live fast and die young

**The disadvantages of continuing to drink the same as always**

- I have a DUI that will cost me a fortune
- If I kill someone driving drunk I could go to prison
- I am afraid the boss will smell alcohol on my breath if I come in hungover
- I have no time to do anything but drink

**Advantages of safer drinking**

- I will not get another DUI
- I will not go to prison for killing someone driving drunk
- I won't get my pocket picked in a bar when I am drunk
- I won't get beaten up drunk in a bar

**Disadvantages of safer drinking:**

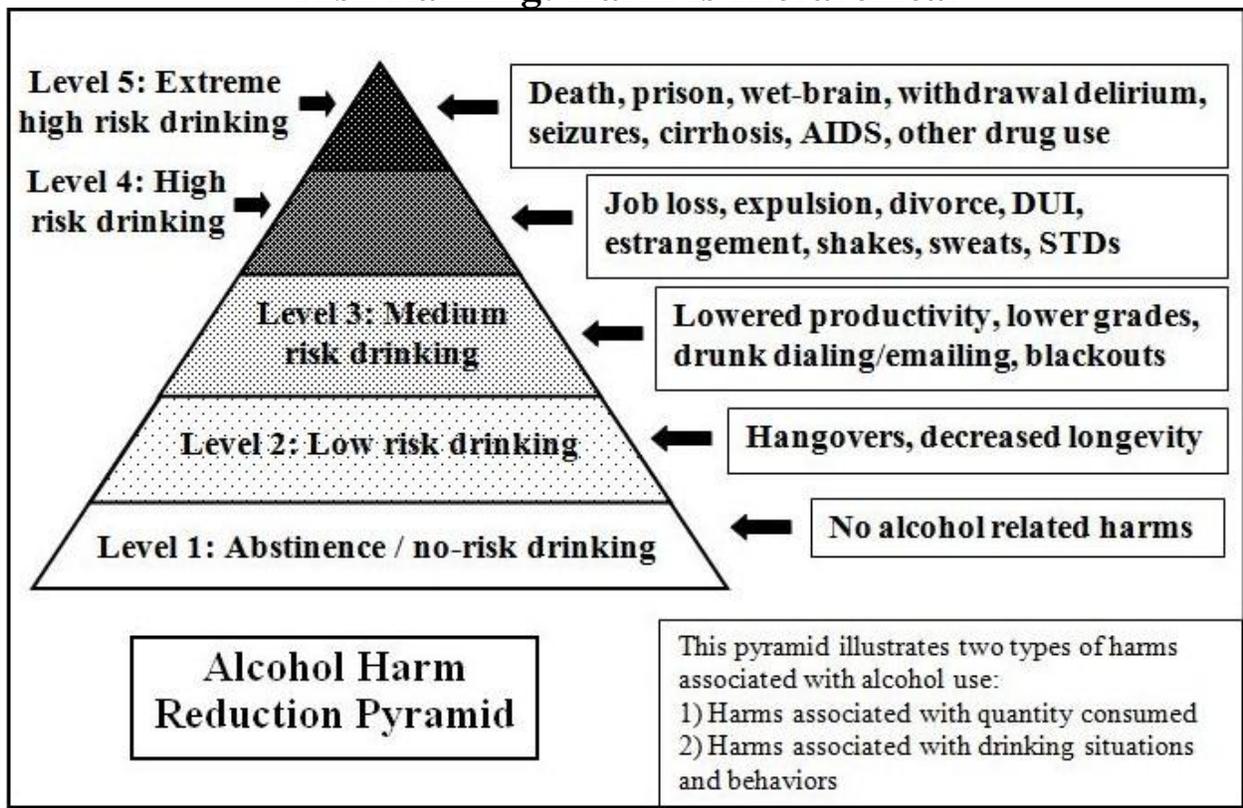
- I will always have to plan ahead
- If I am drunk I might forget to be safe
- It is a lot of work to plan to avert all bad things
- I can't be a romantic risk-taker rock star if I think ahead
- It is really hard to walk to the bar or take a taxi instead of driving
- Drinking at home instead of going out is no fun

|   |   |
|---|---|
| <p><b>Advantages of reduced drinking:</b></p> <ul style="list-style-type: none"> <li>• I will save money</li> <li>• I won't have to worry about the boss smelling alcohol on my breath when I am hungover</li> <li>• I will have more time to do my homework</li> <li>• I will get better grades in school</li> <li>• I will have more time for friends and family</li> </ul>   | <p><b>Disadvantages of reduced drinking:</b></p> <ul style="list-style-type: none"> <li>• I won't know what else to do with my time</li> <li>• Moderate drinking isn't real drinking</li> <li>• Getting intoxicated one day a week is not enough</li> </ul>   |
| <p><b>Advantages of quitting:</b></p> <ul style="list-style-type: none"> <li>• Quitting is simple and clear cut</li> <li>• I won't have to worry about doing stupid things when I am drunk</li> <li>• I won't have to worry about going over my limit</li> <li>• I will save a lot of money</li> <li>• I will have more time to do my homework</li> <li>• I will get better grades in school</li> <li>• I will have more time for friends and family</li> <li>• My wife says she wants me to quit for good</li> </ul> | <p><b>Disadvantages of quitting:</b></p> <ul style="list-style-type: none"> <li>• I can't have fun with alcohol anymore</li> <li>• My friends will think I am a weirdo</li> <li>• I won't be able to blow off stress with alcohol</li> <li>• I will be afraid to talk to new people if I am not drinking</li> </ul> |

Always be sure to write down both positives and negatives. If you do not acknowledge the positives of your bad habits they will get stuck in your unconscious and they will sneak up and blindside you. If you bring them forth into the light of day you often see that they have little to recommend them after all.

Don't be afraid to write down anything even if it sounds stupid. This is a chance to work the stupid shit out of your system safely without harming yourself or others.

### Risk Ranking: Harm Is Hierarchical



| Alcohol Drinking Level and Risk |                |               |                |                |
|---------------------------------|----------------|---------------|----------------|----------------|
|                                 | Men Daily      | Women Daily   | Men Weekly     | Women Weekly   |
| <b>Very High Risk</b>           | 20+ drinks     | 15+ drinks    | 80+ drinks     | 60+ drinks     |
| <b>High Risk Drinking</b>       | 13 - 19 drinks | 9 - 14 drinks | 50 - 79 drinks | 40 - 59 drinks |
| <b>Medium Risk</b>              | 8 - 12 drinks  | 6 - 8 drinks  | 30 - 49 drinks | 25 - 39 drinks |
| <b>Low Risk Drinking</b>        | 5 - 7 drinks   | 4 - 5 drinks  | 15 - 29 drinks | 8 - 24 drinks  |
| <b>No-Risk Drinking</b>         | 3 - 4 drinks   | 2 - 3 drinks  | 14 or fewer    | 7 or fewer     |
| <b>Healthy Drinking</b>         | 1 - 2 drinks   | 1 drinks      | 1 - 14 drinks  | 1 - 7 drinks   |
| <b>Alcohol Abstinence</b>       | 0 drinks       | 0 drinks      | 0 drinks       | 0 drinks       |

**This chart helps to illustrate the degree of risk associated with various levels of drinking**

## Risk Ranking Worksheet

Write down any risky behaviors you have engaged in while drinking and rank them.

| Problem Behavior | Very<br>High<br>Risk | High<br>Risk | Moderate<br>Risk | Low<br>Risk |
|------------------|----------------------|--------------|------------------|-------------|
|                  | 4                    | 3            | 2                | 1           |
|                  | 4                    | 3            | 2                | 1           |
|                  | 4                    | 3            | 2                | 1           |
|                  | 4                    | 3            | 2                | 1           |
|                  | 4                    | 3            | 2                | 1           |
|                  | 4                    | 3            | 2                | 1           |
|                  | 4                    | 3            | 2                | 1           |

Write down a plan to avoid each of these risks in the future.

| Behavior | My Plan |
|----------|---------|
|          |         |
|          |         |
|          |         |
|          |         |
|          |         |
|          |         |
|          |         |
|          |         |

## Risk Ranking Worksheet

(SAMPLE)

Write down any risky behaviors you have engaged in while drinking and rank them.

| Risks Associated With My Drinking | Very High Risk | High Risk | Moderate Risk | Low Risk |
|-----------------------------------|----------------|-----------|---------------|----------|
| Drunk driving                     | 4              | 3         | 2             | 1        |
| Unsafe sex with strangers         | 4              | 3         | 2             | 1        |
| Drunk dialing                     | 4              | 3         | 2             | 1        |
|                                   | 4              | 3         | 2             | 1        |
|                                   | 4              | 3         | 2             | 1        |
|                                   | 4              | 3         | 2             | 1        |
|                                   | 4              | 3         | 2             | 1        |

Write down a plan to avoid each of these risks in the future.

| Behavior                  | My Plan  |
|---------------------------|--|
| Drunk driving             | Leave car keys at home and take taxi to and from bar               |
| Unsafe sex with strangers | Always carry condoms   |
| Drunk dialing             | Turn my cell phone off and put it in a drawer when I drink at home |
|                           |  |
|                           |  |
|                           |  |
|                           |  |

## My Drinking Plan Worksheet

This is the worksheet to help you make your overall drinking plan. You can put down your specific daily and weekly plans each week on your drinking charts. You don't have to fill in every blank--just the ones that are the most relevant to your situation.

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| <b>My<br/>Drinking<br/>Goal<br/>(circle one)</b> | <b>Quitting</b> | <b>Safer<br/>Drinking</b> | <b>Reduced<br/>Drinking</b> | <b>Both Safer<br/>And Reduced<br/>Drinking</b> |
|--|-----------------|---------------------------|-----------------------------|--|
|--|-----------------|---------------------------|-----------------------------|--|

\*\*\*\*\*

**My ideal drinking limits**                      **Daily** \_\_\_\_\_                      **Weekly** \_\_\_\_\_

**My upper drinking limits**                      **Daily** \_\_\_\_\_                      **Weekly** \_\_\_\_\_

**Alcohol abstinence days per week**                      **Ideal** \_\_\_\_\_                      **At least** \_\_\_\_\_

**My current drinking level  
(if known)**                      **Daily** \_\_\_\_\_                      **Weekly** \_\_\_\_\_

\*\*\*\*\*

**High risk behaviors to work on** \_\_\_\_\_

**My plan for changing these high risk behaviors** \_\_\_\_\_

**Outside issues to work on** \_\_\_\_\_

**My plan for addressing these outside issues** \_\_\_\_\_

**My tools and strategies** \_\_\_\_\_

**My damage control plan** \_\_\_\_\_

## My Drinking Plan Worksheet (SAMPLE)

This is the worksheet to help you make your overall drinking plan. You can put down your specific daily and weekly plans each week on your drinking charts. You don't have to fill in every blank--just the ones that are the most relevant to your situation.

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| <b>My<br/>Drinking<br/>Goal<br/>(circle one)</b> | <b>Quitting</b> | <b>Safer<br/>Drinking</b> | <b>Reduced<br/>Drinking</b> | <b>Both Safer<br/>And Reduced<br/>Drinking</b> |
|--|-----------------|---------------------------|-----------------------------|--|
|--|-----------------|---------------------------|-----------------------------|--|

\*\*\*\*\*

|                                 |                |                  |
|---------------------------------|----------------|------------------|
| <b>My ideal drinking limits</b> | <b>Daily 4</b> | <b>Weekly 20</b> |
|---------------------------------|----------------|------------------|

|                                 |                 |                  |
|---------------------------------|-----------------|------------------|
| <b>My upper drinking limits</b> | <b>Daily 10</b> | <b>Weekly 40</b> |
|---------------------------------|-----------------|------------------|

|   |                |                   |
|---|----------------|-------------------|
| <b>Alcohol abstinence days per week</b> | <b>Ideal 2</b> | <b>At least 0</b> |
|---|----------------|-------------------|

|   |                 |                  |
|---|-----------------|------------------|
| <b>My current drinking level<br/>(if known)</b> | <b>Daily 10</b> | <b>Weekly 60</b> |
|---|-----------------|------------------|

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**High risk behaviors to work on** DRUNK DRIVING

**My plan for changing these high risk behaviors** GIVE MY CAR KEYS TO MY ROOMMATE BEFORE I START DRINKING.

**Outside issues to work on** FINANCIAL HEALTH, RELATIONSHIPS

**My plan for addressing these outside issues** FIND A SECOND JOB, JOIN EHARMONY AND FIND A BOYFRIEND

**My tools and strategies** DRINK CHARTING, AVRT FOR ABSTINENCE DAYS

**My damage control plan** I WILL NOT BEAT MYSELF UP AND ENGAGE IN A BOUT OF PITY DRINKING IF I FAIL TO STICK TO MY IDEAL PLAN. I WILL ALWAYS TRY TO GIVE MY CAR KEYS TO MY ROOMMATE BEFORE I DRINK ANYTHING AT ALL.

**Blank drinking chart**

| Sunday       | Monday       | Tuesday      | Wednesday    | Thursday     | Friday       | Saturday     | Weekly       |
|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Plan         |
| # _____      | # _____      | # _____      | # _____      | # _____      | # _____      | # _____      | # _____      |
| mods abs hr  |
| Actual       |
| # _____      | # _____      | # _____      | # _____      | # _____      | # _____      | # _____      | # _____      |
| success? Y N |
| Mood         | Satisfaction |
|              |              |              |              |              |              |              |              |
| safety? Y N  | Notes        |
|              |              |              |              |              |              |              |              |

Abbreviations: mods = moderation; abs = alcohol abstinence; hr = harm reduction

One US standard drink contains 0.6 oz (14g, 17.7) of ethanol. This is equal to one 12 oz beer at 5% alcohol or one 5 oz glass of wine at 12% alcohol or one and one half oz of 80 proof liquor. Other countries use different measures.

Sample drinking chart

| Sunday                       | Monday                       | Tuesday   | Wednesday                    | Thursday                        | Friday                          | Saturday                        | Weekly                                  |
|------------------------------|------------------------------|---|------------------------------|---------------------------------|---------------------------------|---------------------------------|---|
| Plan                         | Plan                         | Plan  | Plan                         | Plan                            | Plan                            | Plan                            | Plan                                    |
| # 17                         | # 0                          | # 1   | # 17                         | # 0                             | # 0                             | # 0                             | # 35                                    |
| mods abs/hr                  | mods abs/hr                  | mods abs hr   | mods abs/hr                  | mods abs/hr                     | mods abs/hr                     | mods abs/hr                     | mods abs/hr                             |
| Actual                       | Actual                       | Actual  | Actual                       | Actual                          | Actual                          | Actual                          | Actual                                  |
| # 17                         | # 17                         | # 1   | # 17                         | # 0                             | # 0                             | # 0                             | # 52                                    |
| success? Y N                 | success? Y N                 | success? Y N  | success? Y N                 | success? Y N                    | success? Y N                    | success? Y N                    | success? Y N                            |
| Mood happy                   | Mood Tired                   | Mood happy  | Mood happy                   | Mood happy                      | Mood happy                      | Mood happy                      | Satisfaction Plan was mostly successful |
| safety? Y N<br>notes \$14.08 | safety? Y N<br>notes \$14.08 | safety? Y N<br>notes friend's birthday party \$0.00 | safety? Y N<br>notes \$14.08 | safety? Y N<br>notes work night | safety? Y N<br>notes work night | safety? Y N<br>notes work night | Notes \$42.24                           |

Abbreviations: mods = moderation; abs = alcohol abstinence; hr = harm reduction

One US standard drink contains 0.6 oz (14g, 17.7) of ethanol. This is equal to one 12 oz beer at 5% alcohol or one 5 oz glass of wine at 12% alcohol or one and one half oz of 80 proof liquor. Other countries use different measures.



## SAMPLE DRINKER'S CBA Cost Benefit Analysis

**Continue my drinking the same as always.**

| <b>Pros</b>  | <b>Cons</b>   |
|--|---|
| <p>I can relax after class</p> <p>It helps me enjoy music</p> <p>I like the taste</p> <p>It helps me sleep</p> | <p>It interferes with doing my schoolwork</p> <p>It is hard to pay attention in class when I am hungover</p> <p>I am always tired</p> |

**Change my drinking by adding abstinence days<sup>2</sup>.**

| <b>Pros</b>   | <b>Cons</b>  |
|---|--|
| <p>Clearer mornings</p> <p>More productive days</p> <p>More time to do homework</p> <p>Don't have to go to class hungover</p> | <p>It will be hard to relax after school</p> <p>It will be hard to sleep</p> |

<sup>2</sup> Some options for filling in this blank are: a) quitting, b) adding abstinence days, c) safer drinking, d) sticking to moderate limits, e) stopping earlier, f) not drinking on work nights, etc. etc.