My plan for cutting down

Set your limits and choose the strategies you will use to keep to them.

Name _____ Date _____

First

If you drink heavily every day, talk to your GP before cutting down. Stopping suddenly can be dangerous.

My reasons for cutting down

My limit for the week (standard drinks)	Alcohol-free days	Most on any one day

Strategies I will use

- [ ] Decide my limit before I start
- [ ] Have something to eat first
- [ ] Alternate with water or a soft drink
- [ ] Choose smaller measures or lower-strength drinks
- [ ] Start later, finish earlier
- [ ] Do not keep it in the house
- [ ] Avoid rounds, and have a reason ready for saying no
- [ ] Plan something for the times I usually drink

Situations where it will be hardest, and what I will do or say

Who knows my plan and will back me

What I will do instead to relax, reward myself or cope

How I will review it, and when

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