

Identify Reasons to Make Drinking Changes

Think of reasons why you might want to change your drinking. Here are some ideas other students have had. Mark any box that describes why you would want to change your drinking habits.

- To sleep better
- To avoid conflict with friends
- To stop doing stupid, embarrassing things
- To save money
- To help me stop smoking
- To do better in school
- To reduce hangovers (headaches, nausea, fatigue, stomach pain)
- To lose weight
- To decrease the chance of falls or other injuries
- To decrease the chances of unwanted sexual experiences
- To reduce chances of drinking and driving
- To avoid being like the people in my family who drink too much
- To prevent blacking out (not remembering what happened)

Can you think of any other reasons why you might want to change your drinking?

Strategies for Success

Become more aware of situations associated with high risk drinking.

Think about when and where you drink too much.

From the list below, check all the boxes that apply to you:

<input type="checkbox"/> after classes or work	<input type="checkbox"/> relationship trouble
<input type="checkbox"/> after studying	<input type="checkbox"/> stress, tension, fear
<input type="checkbox"/> exams	<input type="checkbox"/> anxiety
<input type="checkbox"/> family events	<input type="checkbox"/> anger, resentment
<input type="checkbox"/> hanging out with friends	<input type="checkbox"/> boredom, loneliness
<input type="checkbox"/> parties	<input type="checkbox"/> sadness, depression
<input type="checkbox"/> smoking (anything)	<input type="checkbox"/> joy, happiness
<input type="checkbox"/> TV/video/card games	<input type="checkbox"/> fatigue, exhaustion
<input type="checkbox"/> after working out	other _____
<input type="checkbox"/> sporting events	other _____

For each of the boxes checked, think about what you could do differently.

- doing something active (exercise, walking, sports)
- going out (movie, shopping, dinner, museum)
- catching up on school work
- doing a favor for a friend
- hanging out with supportive friends
- drinking something else
- listening to music
- taking a hot bath or shower

Pick three things from the check list to work on and things you can do to reduce your drinking:

Alcohol and Decision-making

Drinking usually starts out as fun, but alcohol blurs boundaries, clouds decision-making, and often results in forgetting simple things (locking your door, taking out your contacts,) or doing significant things (hooking up with someone you wished you hadn't, forgetting about condoms). When intoxicated, both men and women often make choices they regret later.

Here are some questions to help you think about general health and risks connected to drinking

1. Circle the things that have ever happened to you after drinking:

a) left my contacts in overnight

b) left my door unlocked

c) lost wallet/purse and other things

d) got robbed while intoxicated

e) did or said something I regretted

f) injured myself

g) hurt someone else

h) went swimming, biking, or driving

i) had unplanned sexual activity

2. When you are drinking, does alcohol make it more or less difficult to communicate with your partner about what you want to do or NOT do sexually?

If not sexually active check here

Less difficult

1

2

3

4

5

More difficult

3. When you are drinking, does alcohol make it more or less difficult to use condoms with your partner?

If not applicable check here

Less difficult

1

2

3

4

5

More difficult