

How Much Is Too Much? Brief Lifestyle Intervention



A Typical Drinking Day

What does a typical drinking day look like?

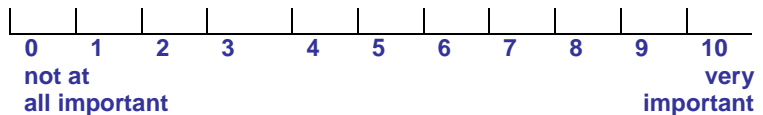
Information Exchange

Is there anything about your drinking you are concerned or unhappy with?



How important is it for you to reduce your drinking behaviour?

On a scale of 0 to 10 what number would you give yourself right now?

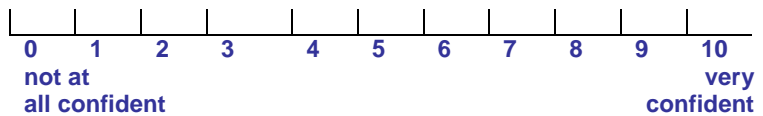


Can you explain why you have given yourself this number? Why did you not give yourself a lower number?

What could you do to move yourself up the scale?

If you decided to reduce your drinking, how confident are you that you would succeed?

On a scale of 0 to 10 what number would you give yourself right now?



Can you explain why you have given yourself this number? Why did you not give yourself a lower number ?

What could you do to move yourself up the scale?

What might be not so good about reducing your drinking?

What might be the good things about reducing your drinking?

A six – step plan for changing your drinking habits

Identify good reasons for changing: Can you think of 2-3 good reasons?

Reason 1	
Reason 2	
Reason 3	

Set yourself a goal to achieve change: Is this achievable?

What?	
Where?	
When?	

Recognise difficult times or situations: when might be the hardest times?

Time 1	
Time 2	
Time 3	

Prepare for difficult times/ situations: Think of a way of dealing with hard times?

Time 1	
Time 2	
Time 3	

Find Someone to support you: Is there a family member/ friend who might help?

Who?	
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**Remember, nobody's perfect!
If at first you don't succeed, try again.**

This brief intervention package is based on the How Much Is Too Much? Extended Brief intervention tool, developed by Newcastle University and the Drink Less materials originally developed at the University of Sydney as part of a W.H.O. collaborative study.

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