

A young woman with voluminous, curly, light brown hair is smiling warmly at the camera. She is wearing a white button-down shirt with a vibrant blue and green floral pattern. In her right hand, she holds a clear wine glass filled with white wine. The background is a softly blurred restaurant interior with modern grey pendant lamps hanging from the ceiling. The overall mood is bright and pleasant.

# DRINKING PLAN

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Create a drinking plan. Keep this simple. Don't over complicated things.

Write out what you will drink and when each day this week.

If you are committed to not drinking at all this workbook is not necessary.

If you are reducing drinking this is a plan you must do each week. Plan ahead of time. This is very important!

Also don't create drama around this. Plan 7 days ahead. If something comes up, you can still go and not drink. Be an adult. You are in control here. You get to decide ahead of time.

**THIS WEEK ON WHAT DAYS WILL I DRINK?**

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**WHAT WILL YOU DRINK? LIST TYPE OF ALCOHOL, MIXER.**

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**HOW MANY DRINKS WILL YOU HAVE?**

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**WHAT IS THE PURPOSE OF THIS PLANNED DRINKING?**

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**WHAT DO YOU WANT TO GET OUT OF IT?**

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**HOW DO YOU WANT TO FEEL AFTER YOU DRINK?**

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