

## AVOID AT RISK DRINKING

Excessive drinking includes binge drinking, heavy drinking, and drinking under the age of 21 or while pregnant. To determine if you drink excessively, complete the assessment below.

*Please check all that apply:*

### FOR WOMEN ONLY

\_\_\_\_\_ You have consumed 4 or more drinks during a single occasion

\_\_\_\_\_ You have consumed 8 or more drinks per week

\_\_\_\_\_ You have consumed alcohol while pregnant

### FOR MEN ONLY

\_\_\_\_\_ You have consumed 5 or more drinks during a single occasion

\_\_\_\_\_ You have consumed 15 or more drinks per week

***If you checked any of the statements above you have taken part in excessive drinking. However, there are ways to help you cut back. Try some of the tips below to help you drink responsibly.***

### 1. Make a list of reasons to cut back on your drinking.

Remembering your reasons to drink less, helps you to stay motivated. Here are a few examples: to feel healthier, to sleep better, or to improve your relationships.

### 2. Set a drinking goal.

Decide on a limit to keep you from drinking too much. For women, try to set your limit below 4 drinks in a single occasion and less than 8 drinks per week. For men, try to set your limit below 5 drinks in a single occasion and less than 15 drinks per week.

### 3. Don't keep alcohol in your house.

Making alcohol harder to access, will help you to stick to your limits.

### 4. Keep busy.

Instead of going out for drinks, try taking a walk, playing sports, or watching a movie.

### 5. Ask for support.

Let your friends and family know that you need help cutting back on your drinking. Don't forget to discuss with your primary care provider who can better assess your needs and help get you connected to other resources that may help you.

*The information used to create this worksheet can be found at <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm> and <https://www.health.harvard.edu/diseases-and-conditions/11-ways-to-curb-your-drinking>*