



**Alcohol Consumption Plan Management:** Clients can write plans to remind themselves of the steps they will take to manage their alcohol consumption. If clients have a hard time coming up with ideas, suggest that they get ideas from a supportive family member or friend, healthcare professional, clergy person, or case manager or social worker if they have one.

### Four A's for Managing Alcohol Consumption

**AVOID.** What are the highly tempting situations in which you might drink more than your plan? Avoid these situations if possible over the next month.

1. \_\_\_\_\_
2. \_\_\_\_\_

**ALTER.** For situations you can't avoid, how can you alter them to make them easier?

1. \_\_\_\_\_
2. \_\_\_\_\_

**ALTERNATIVES.** What can you do with your mouth and hands when you want to drink and it is a day you are not drinking or have already reached your limit?

1. \_\_\_\_\_
2. \_\_\_\_\_

**ACTION.** When you get the urge to drink and it does not fit with your drinking plan, what can you do to be active or busy until the urge passes?

1. \_\_\_\_\_
2. \_\_\_\_\_

Are there situations in which it will be a challenge to stay within your drinking limits? If so, list them and what you will do to effectively manage those situations.

1. \_\_\_\_\_

Plan \_\_\_\_\_

2. \_\_\_\_\_

Plan \_\_\_\_\_

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