

Visit 27 -We Have Come So Far Together!

How Much Alcohol is Too Much?

HAMS: Harm Reduction for Alcohol

Risk and Alcohol Drinking Levels: The Risk Chart

Alcohol Drinking Level and Risk				
	Men Daily	Women Daily	Men Weekly	Women Weekly
Very High Risk	20+ drinks	15+ drinks	80+ drinks	60+ drinks
High Risk Drinking	13 - 19 drinks	9 - 14 drinks	50 - 79 drinks	40 - 59 drinks
Medium Risk	8 - 12 drinks	6 - 8 drinks	30 - 49 drinks	25 - 39 drinks
Low Risk Drinking	5 - 7 drinks	4 - 5 drinks	15 - 29 drinks	8 - 24 drinks
No-Risk Drinking	3 - 4 drinks	2 - 3 drinks	14 or fewer	7 or fewer
Healthy Drinking	1 - 2 drinks	1 drinks	1 - 14 drinks	1 - 7 drinks
Alcohol Abstinence	0 drinks	0 drinks	0 drinks	0 drinks

<https://hams.cc/limits/>

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Using the Risk Chart

You need to look at both your daily and your weekly risk levels to determine how risky your drinking habits are. If either your daily or your weekly drinking level falls into a high-risk category, then we suggest that you take steps to reduce the harmful impact which your drinking may have on you. We realize that some people like to engage in recreational intoxication so we recommend that these people take steps to practice safe drinking on their intoxication days. People who fall into the weekly high-risk categories are at risk of organ damage, and we urge them to take some steps to reduce overall alcohol consumption.

<https://hams.cc/limits/>

Interactive Worksheets and More

Here's where you can evaluate your drinking, decide whether and how to make a change, and find tools to help you stay in control.

<https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Interactive-worksheets-and-more/Default.aspx>

Interactive Worksheets and More

Planning for Change: Alcohol Reduction Plan Template

Even when you have committed to change, you still may have mixed feelings at times. Making a written “change plan” will help you to solidify your goals, why you want to reach them, and how you plan to do it. A sample form is provided below. After filling it in, you can print it or email it to yourself.

<https://rethinkingdrinking.niaaa.nih.gov/thinking-about-change/planning-change-alcohol-reduction-plan-template>

Interactive Worksheets and More

Pros and Cons

It's up to you as to whether and when to change your drinking. You don't have to wait until you develop alcohol use disorder (AUD) or other alcohol-related problems to evaluate your relationship with alcohol.

Even participating in events such as Dry January and Sober October can offer the opportunity to take a break from alcohol to understand how it is affecting your life. Other people may be able to help, but in the end, it's your decision. Weighing your pros and cons can help.

<https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Interactive-worksheets-and-more/Default.aspx>

Interactive Worksheets and More

Pros and Cons

Pros: What are some reasons why you might want to change your drinking?

- To improve my health
- To improve my relationships
- To avoid hangovers
- To do better at work or in school
- To save money
- To lose weight or get fit
- To avoid more serious problems
- To meet my own personal standards

My pro(s)

My pro #1

Interactive Worksheets and More

Pros and Cons

Cons: What are some possible barriers, or reasons you might not want to change your drinking?

- I'd need another way to unwind.
- It helps me feel more at ease socially.
- I wouldn't fit in with some of my friends.
- Change can be hard.

My con(s)

My con #1

<https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Interactive-worksheets-and-more/Default.aspx>

To Cut Down or Quit?

It's safest to avoid alcohol altogether if you are:

- Taking medications that interact with alcohol
- Managing a medical condition that can be made worse by drinking
- Underage
- Planning to drive a vehicle or operate machinery
- Participating in activities that require skill, coordination, and alertness
- Recovering from alcohol use disorder or unable to control the amount they drink
- Pregnant or trying to become pregnant

<https://rethinkingdrinking.niaaa.nih.gov/thinking-about-change/cut-down-or-quit>