

Today is a Rethinking Drinking booklet day.

Ask your clinic staff member for the booklet if you don't already have it. Then go through the pages together or daily forms as described below



	Visit	Rethinking Drinking Booklet Pages	Rethinking Drinking Sections
	4	2-5	From "Rethinking Drinking" through "What is Alcohol Misuse?"
	8	6-11	From "What are the Harms?" through "To cut down or to quit?"
	12	11-13	Planning for Change: Write a Change Plan

Visit 16 (~1 month) is your target Quit Date (no heavy drinking)

	Visit	Rethinking Drinking Booklet Pages	Rethinking Drinking Sections
C O N T I N U A T I O N	16	13-17	From "Support for Quitting" through end of pg. 17
	20	Supplemental Form	Complete the Urge Tracker Form
	24	Supplemental Form	Complete the Triggers & Strategies Form
	28	Supplemental Form	Drink refusal skills. Script your "No"
	32	Review 11-13	Review evolution of your progress
	36	Review 18	Review last revision of change plan