# How Much Is Too Much? Brief Lifestyle Intervention



### **A Typical Drinking Day**

What does a typical drinking day look like?

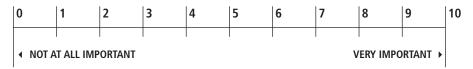
### **Information Exchange**

Is there anything about your drinking that you are concerned or unhappy with?



#### How important is it for you to reduce your drinking?

On a scale of 0 to 10 what number would you give yourself right now?



Can you explain why you have given yourself this number? Why did you not give yourself a lower number?

What could you do to move yourself up the scale?

## If you decided to reduce your drinking, how confident are you that you would succeed?

On a scale of 0 to 10 what number would you give yourself right now?



Can you explain why you have given yourself this number? Why did you not give yourself a lower number?

What could you do to move yourself up the scale?

What might be the not so good things about reducing your drinking?	What might be the good things about reducing your drinking?

## A six-step plan for changing your drinking habits

1. Identify good reasons for changing: can you think of two or three good reasons?	
Reason 1	
Reason 2	
Reason 3	
2. Set yourself a	a goal to achieve change
What?	
When?	
3. Recognise dit	fficult times or situations: when might be the hardest times?
Time 1	
Time 2	
Time 3	
4. Prepare for d	ifficult times or situations: think of ways of dealing with hard times
lime 1	
Time 2	
Time 3	
5. Find someone	e to support you: is there a family member or friend who might help?
Who?	
6 Stick to your	goall .

Remember, nobody's perfect! If at first you don't succeed, try again.

This brief intervention package is based on the *How Much Is Too* Much? Extended Brief intervention tool, developed by Newcastle University, and the Drink Less materials originally developed at the University of Sydney as part of a WHO collaborative study.

