



Drinking diary

- ✔ Monitoring of the challenging situations you face, and any urges or temptations to drink, can help you to develop better coping strategies and alternatives to drinking.
- ✔ Keeping track of any drinking helps you to get a picture of how well you're doing.
- ✔ This simple exercise of daily monitoring can, in itself, help you to achieve your goals.

Date	What's the most challenging situation you faced today? Where were you? What time of day was it? Who was around? What happened?	What did you do to cope in this situation? (E.g. went for a walk, rang a friend or worker, went swimming, went to the gym etc.)	If you 'coped' by drinking – how many units did you drink?	What did that cost you?
Monday				
Tuesday				
Wednesday				



Thursday				
Friday				
Saturday				
Sunday				

