

## MONITORING YOUR ALCOHOL USE

### **SELF-MONITORING your drinking is an important part of this program.**

- Self-monitoring can help you record accurate information about your drinking and any changes you have made; it also allows you to evaluate your progress toward your goals. Even if you don't drink, you record a "0" for each day that this occurs.
- Self-monitoring can help you identify high risk situations by looking at days where you drank heavily. This type of information allows you and your therapist to develop better coping strategies and alternatives for problem drinking situations. Self-monitoring can also provide information about situations in which you did not drink or limited your drinking.

Initially, some people feel that self-monitoring is time consuming. However, keeping records of certain activities is not unusual. Athletes, salespeople, stockbrokers, and so on keep track of their progress to plan exercise or work strategies. Keeping track of performance can help you achieve your goals.

### **Although self-monitoring requires some time and commitment, clients who have self-monitored their drinking report that it provides a better understanding of how much they drink and of situations related to their drinking.**

- We want you to keep track of your daily drinking and to bring these records to each session.
- It is important to keep accurate and complete records.
- There are no rights or wrongs in recording the amount you drink.
- Self-monitoring is an aid to help you more effectively change your drinking.
- Give self-monitoring a chance before deciding if you like it.

**INSTRUCTIONS: Instructions for Self-Monitoring Are Easy.**

1. At the top of the form, write your name and your treatment goal in the spaces provided. If you will be monitoring a secondary drug (e.g., cannabis), write in the name of the drug in the space provided.

For each day:

2. Starting on the assessment day, write the Date in the first column on the line that corresponds with the day of the week. For example, if you were seen on Wed., Nov. 9, write Nov. 9 on the line that has Wed in the first column.
3. Next, record the number of drinks you had for — Beer, Hard Liquor, and Wine. Then total the number of drinks at the end of each day and write this amount in the Total No. of Drinks column. If you don't drink on a day, then write "0" in the Total No. of Drinks column. At the end of the week, there is space at the bottom of the column, "Total No. of Drinks", to add up the drinks for the week.
4. Write "Y" (yes) in the column Was a Second Drug Used?, if you used a second drug on that day. If you didn't use a second drug that day, write "N" (no) in that column.
5. In the next column, Did You Drink Problematically? answer by writing "Y" for yes or "N" for no.
6. In the column, Any Urges to Drink Today?, answer by writing "Y" for yes or "N" for no.
7. In the Situations Related to Alcohol Use or Urges column, check where and with whom you were with when you used alcohol or felt a desire to drink. In the last column, you can note what your Thoughts and Feelings were at the time. On the back of each log sheet, space is provided to make additional notes related to any of your drinking situations.

An example of a completed sheet is on the next page. To increase recording accuracy it is important to record your drinking for each day, at the end of each day, or if you forget, then at the beginning of the next day.

Remember to bring in your log book covering each day since your last appointment. If you have any questions, please ask your therapist. **START SELF-MONITORING THE DAY YOU RECEIVE THIS BOOKLET.**