

## Self-Monitoring Logs for Alcohol Use

### MONITORING YOUR ALCOHOL USE

**SELF-MONITORING is an important part of this program. It can help you**

- Record your drinking more accurately because you are writing down what you drink more frequently.
- Evaluate your progress toward your goals. Even when you don't drink, you record a "0" for that day.
- Identify high-risk situations by looking at days on which you drank heavily. Such information allows you and your therapist to develop better coping strategies and alternatives for problem drinking situations.
- Identify situations in which you did not drink or you limited your drinking.

Although self-monitoring might appear time-consuming, keeping records of certain activities is not unusual. Athletes, salespeople, stockbrokers, and others keep track of their progress. **Keeping track of your behavior 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 your records to each session.**
- It is important to keep accurate records. **There are no rights or wrongs** in recording what you drink.
- Self-monitoring is intended to **help you and your therapist look at how you are changing.**

### INSTRUCTIONS

**Remember to bring your completed logs to your next appointment.**

At the top of the form, write your name and treatment goal in the spaces provided. If you will also be monitoring drug use other than alcohol, write the name of the drug in the space provided.

#### For Each Day

- Starting on the day of your assessment, 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 Wednesday, Nov. 9th, write Nov. 9 on the line that has Wednesday in the first column
- Next, calculate the number of drinks you had that day and include **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 that day's column. At the end of the week, there is a space at the bottom of the column that says **Total No. of Drinks.** At the end of the week, in that space enter the total number of drinks you had that week.
- If you used a second drug on a day, write **"Y"** for yes in the column **Was a Second Drug Used?** If you didn't use a second drug on a day, write **"N"** for no in that column.
- In the next column, **Did Your Drinking Cause You Problems?**, answer with either **"Y"** for yes or **"N"** for no.

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Self-Monitoring Logs for Alcohol Use (page 2 of 5)

- In the column **Any Urges to Drink?**, answer with either “Y” for yes or “N” for no.
- In the column **Situations Related to Your Alcohol Use or Urges to Drink?**, check where you were and who you were with when you used alcohol or felt a desire to drink. In the last column, you can note **What Thoughts or Feelings Were You Experiencing?** related to drinking or urges. Use the back of each log sheet to make additional notes related to your drinking.

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 rather than trying to recall it at the end of a week.

DRINKING LOG	ONE STANDARD DRINK =	
<p align="center"><b>STANDARD DRINK CONVERSIONS</b></p> <p><b>WINE</b>            1 bottle (25 oz./750 ml) = 5 drinks            1 bottle (40 oz./1.14 L) = 8 drinks            1 bottle fortified (25 oz.) = 8 drinks</p> <p><b>HARD LIQUOR</b>            1 pint (16 oz./480 ml) = 11 drinks            1 fifth (25 oz./750 ml) = 17 drinks            1 quart (40 oz./1.14 L) = 27 drinks</p>	 <p align="center"><b>12 oz. Beer</b> (5%)</p>  <p align="center"><b>5 oz. Regular Wine</b> (12%)</p>	 <p align="center"><b>1½ oz. Hard Liquor</b> (whiskey, gin) (40%; 80 proof)</p>  <p align="center"><b>3 oz. Sweet Wine</b> (20%)</p>

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Self-Monitoring Logs for Alcohol Use (page 3 of 5)

**SAMPLE DAILY ALCOHOL SELF-MONITORING LOG**

Name: John Smith

Year: 2010

Goal: avg. 2 drinks/day, 2 days/week; limit 3 drinks/day 2x/month

Second Drug Name: Marijuana

Date	Total # of Drinks If you did not drink on this day, write "0."	Was a Second Drug Used? Yes = Y No = N	Did Your Drinking Cause You Problems? Yes = Y No = N	Any Urges to Drink? Yes = Y No = N	Situations Related to Your Alcohol Use or Urges to Drink? (check all that apply)				When You Had Urges to Drink or Drank, What Thoughts or Feelings Were You Experiencing?
					Alone	With Others	Private Place	Public Place	
Mon. Jan 4	0	N	N	N					
Tues. Jan 5	0	N	N	N					
Wed. Jan 6	1	Y	N	N				Bored at home. Had 1 beer. Smoked a joint after dinner.	
Thur. Jan 7	0	N	N	Y		X		X	Went out to dinner with girlfriend, wanted to drink but didn't.
Fri. Jan 8	9	N	Y	Y		X	X		At a friend's party, felt like enjoying myself, but overdid it.
Sat. Jan 9	5	Y	N	Y	X		X		Worked on the house all day, had beer in afternoon, wine with dinner.
Sun. Jan 10	12	N	Y	Y		X		X	At football game with friends; spent the evening in the bar.

Weekly Total = 27

Use back for additional notes

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Self-Monitoring Logs for Alcohol Use (page 4 of 5)

**DAILY ALCOHOL SELF-MONITORING LOG**

Name:

Year:

Goal:

Second Drug Name:

Date	Total # of Drinks If you did not drink on this day, write "0."	Was a Second Drug Used? Yes = Y No = N	Did Your Drinking Cause You Problems? Yes = Y No = N	Any Urges to Drink? Yes = Y No = N	Situations Related to Your Alcohol Use or Urges to Drink? (check all that apply)				When You Had Urges to Drink or Drank, What Thoughts or Feelings Were You Experiencing?
					Alone	With Others	Private Place	Public Place	
Write Month and Day									
Mon.									
Tues.									
Wed.									
Thur.									
Fri.									
Sat.									
Sun.									

Weekly Total =

Use back for additional notes

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