

## Steps to help cut down on your drinking

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If your doctor does advise you to cut down on your drinking, here are some steps that can help you:

1. Write down the reasons you are cutting down or stopping. Why is it that you want to drink less? There are many reasons why you may want to cut down or stop drinking. You may want to improve your health, sleep better, or get along better with your family or friends. Make a list of the reasons you want to drink less.

2. Set a drinking goal. Choose a limit for how much you will drink. You may choose to cut down or you may choose to not to drink at all. If you are cutting down, keep your intake below these limits:

Women: No more than one drink a day

Men: No more than two drinks a day

A drink is:

- a 12-ounce bottle of beer;
- a 5-ounce glass of wine; or
- a 1 1/2-ounce shot of liquor.

Please note that these limits may be too high for some people who have certain medical conditions or who are older. Talk with your doctor first about the limit that is right for you. Now--write down your drinking goal on a piece of paper. Put it where you can see it, such as on your refrigerator or bathroom mirror.

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