

Drinking alcohol is not necessarily bad for you. What does matter is how much you drink and how it affects your life. This activity will help you explore the place of alcohol in your life.

Part 1 Track Your Consumption

Recall as best you can your alcohol consumption during the past week (do not include today).

Date	Situation (people, place) or trigger (incident, feelings)	Type of drink(s)	Amount	Consequence (what happened?)

Now track your alcohol consumption for the next week, starting with today.

Date	Situation (people, place) or trigger (incident, feelings)	Type of drink(s)	Amount	Consequence (what happened?)

Part 2 Assess Your Consumption

Using the drink sizes from Figure 9.1 in your text or from www.rethinkingdrinking.niaaa.nih.gov, answer the following questions:

- On any one day in the past two weeks, have you ever had
 Men: more than 4 drinks? Yes _____ No _____
 Women: more than 3 drinks? Yes _____ No _____

2. On average, how many days a week did you drink alcohol?
_____ Days
3. On average, how many drinks did you have over the past two weeks?
_____ Drinks

Source: *Rethinking Drinking*, National Institute on Alcohol Abuse and Alcoholism, 2009, NIH Publication No. 09-3770.

CRITICAL THINKING QUESTIONS

1. If you consume alcohol, are you a low-risk drinker or an at-risk drinker? Recall that low-risk drinking means no more than 14 drinks per week and no more than 4 drinks on any one day for men. For women, it means no more than 7 drinks per week and no more than 3 drinks on any one day. Drinking above these levels is considered at risk.
2. What were the situations and triggers that affected your decision to drink or not drink on various days? For example, if you ended up drinking more on one day than you had intended to, what led you to overindulge? If you did not drink at all during the two weeks, were you ever tempted to, or does your environment make the decision not to drink an easy one?
3. What are some reasons why you may want to make a change in your alcohol consumption? What are some of the barriers to making this change? How will you overcome these barriers?
4. Use Figure 9.2 to discuss efforts by your college or university to address at-risk drinking at the college level and community level.