



AFTER TREATMENT PLAN

Do you consider yourself to be an alcoholic, a substance abuser, or an addict? _____

How come? _____

Will you return to drinking after treatment? _____

List 7 things you do/have done that could lead you back to drinking:

(Or if you will be drinking) list 7 things that you do/have done that could lead to over using:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

List 7 things that you do/can do to increase the odds of your staying clean and sober:

(Or if you will be drinking) List 7 rules that you will follow for moderate drinking/use:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Specifically, how will you avoid getting into trouble in the future? (You may use other side): _____

Will you be continuing meetings and/or counseling? How come? _____

What's the first thing (**the smallest thing**) that would have to happen for you to realize you need to go to more or start going to meetings and/or counseling? _____

Counselor's recommendations and prognosis: _____

Client signature

Date

Counselor signature

Date

DUI Avoidance Plan

Client Name: _____

Date of Birth: _____

Your commitment to avoid a subsequent DUI is one of the final, and most important, steps in your completion of this problem. The three keys to prevention are **anticipation, planning, and commitment**. In this plan you will need to make plans to ensure that you do not find yourself in a position that will lead to drinking and the risk of another DUI charge.

ANTICIPATION

Know what the high-risk situations are. If you consider the experiences that ultimately lead you to drive under the influence, what are the circumstances and situations that you need to be aware of? List all of the situations that are likely to present a risk for another DUI. Here, you should use your past experiences as well as what you've learned about yourself since your DUI arrest.

1.

2.

3.

4.

PLANNING

If you decide to return to drinking, the risk of another DUI increases. If you decide to drink alcohol again, what are the steps you will take to ensure that the drinking doesn't lead to a decision to drive under the influence? With the situation listed above, use your past behaviors and experiences as well as what you've learned in this program to determine what will work best for you.

Situation 1:

Situation 2:

Situation 3:

Situation 4:

What might prevent you from following through with any of the plans outlined above?

COMMITMENT

I am committed to the plan I have outlined above. I will avoid alcohol and other drugs by using the skills and tools I have learned through the program. In order to get support for this commitment I agree to share my plan with the following people. (List names, relationship to you and phone numbers):

1:

2:

3:

CLIENT NAME: _____

SIGNATURE: _____

REVIEWED BY: _____

DATE: _____

Strategies for Cutting Down

Small changes can make a big difference in reducing your chances of having alcohol-related problems. Here are some strategies to try. Check off some to try the first week, and add some others the next.

Keeping Track

Keep track of how much you drink. Find a way that works for you, such as a 3x5" card in your wallet, check marks on a kitchen calendar, or a personal digital assistant. If you make note of each drink before you drink, this will help you slow down when needed.

Counting and Measuring

Know the standard drink sizes so you can count your drinks accurately. One standard drink is 12 ounces of regular beer, 8 to 9 ounces of malt liquor, 5 ounces of table wine, or 1.5 ounces of 80-proof spirits. Measure drinks at home. Away from home, it can be hard to know the number of standard drinks in mixed drinks. To keep track you may need to ask the server or bartender about the recipe.

Setting Goals

Decide how many days a week you want to drink and how many drinks you'll have on those days. It's a good idea to have some days when you don't drink. Drinkers with the lowest rates of alcohol use disorders stay within these limits: men – no more than 14 standard drinks a week and no more than 4 on any day; women – no more than 7 standard drinks a week and no more than 3 on any day.

Pacing and Spacing

When you do drink, pace yourself. Sip slowly. Have no more than one drink with alcohol per hour. Alternate "drink spacers" – non-alcoholic drinks such as water, soda or juice – with drinks containing alcohol.

Including Food

Don't drink on an empty stomach. Have some food so the alcohol will be absorbed more slowly into your system.

Avoiding "Triggers"

What triggers your urge to drink? If certain people or places make you drink even when you don't want to, try to avoid them. If certain activities, times of day, or feelings trigger the urge, plan what you'll do instead of drinking. If drinking at home is a problem, keep little or no alcohol there.

Planning to Handle Urges

When an urge hits, consider these options: Remind yourself of your reasons for changing. Talk it through someone you trust. Get involved with a healthy, distracting, activity. "Urge surf" – instead of fighting the feeling, accept it and ride it out, knowing that it will soon crest like a wave and pass.

Knowing Your "No"

You're likely to be offered a drink at times when you don't want one. Have a polite, convincing "no, thanks" ready. The faster you can say no to these offers, the less likely you are to give in. If you hesitate, it allows you time to think of excuses to go along.

Additional tips for quitting

If you want to quit drinking altogether, the last three strategies can help. In addition, you may wish to ask for support from people who might be willing to help, such as a significant other or non-drinking friends. Joining Alcoholics Anonymous or another mutual support group is a way to acquire a network of friends who have found ways to love without alcohol. If you're dependent on alcohol and decide to stop drinking completely, don't go it alone. Sudden withdrawal from heavy drinking can cause dangerous side effects such as seizures. See a doctor to plan a safe recovery.