

(Based on information from Alcohol Focus Scotland 2005)

There are many other kinds of risky circumstances, including those which will apply to you and no one else. What you must learn to do is avoid those situations where in the past you have drunk heavily or got into trouble. Can you think of better ways of dealing with these situations? You could also limit your drinking to those situations where in the past you have drunk moderately and without trouble.

- Do you sometimes find that you drank more than you meant to?
 - Do you sometimes end up regretting how much you drank the day before?
 - Does your drinking sometimes get you into trouble? If so, we will now try to find out which circumstances caused you to drink more than you should. In other words, we will be looking for risky circumstances which can lead to you drinking too much.
- The include the following:
- Times when you drink—including times of the day and certain days of the week
 - People you drink with
 - Whether you are thirsty or hungry before drinking
 - How you are feeling emotionally before drinking
 - Problems with other people

Risky Circumstances

Try to be as accurate and honest as you can be in keeping the diary. There is no point in cheating yourself!

Keep a record of your drinking every day. Do not fill in the diary sheets at the end of the week because you might forget to record some drinks. Only by keeping a close eye on your drinking will you be able to see exactly what is going on, and at what times you need extra support.

Keep a separate entry for each drinking session. So, if you have a drink at lunchtime and go out again in the evening, you should record each one separately in the diary.

For a drink and meet new people. may not always be bad—for example you might go out for a drink and meet new people.

The “consequences” can show what part mood or feelings may have played. Of course the consequences can be an important factor in the outcome of the session. because your feelings or mood before a drinking session The column “How you felt before drinking” is important

To help you get an accurate picture of how much you are actually drinking, from today note down every time you drink on the drinking diary sheets.

Your Drinking Diary

Units

Measures of drink vary, and a home measure is often larger than a pub measure. Also, what used to be considered a standard measure has changed and pub measures have increased.

To get more accurate information on the units you are consuming you can use the guidelines below.

Unit Calculation

To calculate the units of alcohol in any drink you must know the *volume of drink* (size of bottle/can/glass) and the *strength (%ABV)*. To work out the units use the following.

$$\text{Volume of Drink} \times \text{Strength (\%ABV)} \div 1000 = \text{Units}$$

Daily Unit Benchmarks

The recommended daily benchmarks are:
2-3 units per day for women
3-4 units per day for men

For a quick guide please see “How many units in your drink?” table opposite. You will need to look closely to check that measures are relevant to what you have consumed.

How many units in your drink?

Volume/Measure	Beverage	Units
Pint	Standard lager/beer	2.3
Pint	Premium lager/beer	2.8
Bottle 330ml	Premium lager/beer	1.7
Can 440ml	Super-strength lager	4
Pint	Regular cider	2.8
Litre	Regular cider	5
Litre	Strong cider	8.5
175 ml	Wine/champagne	2.1
250 ml	Wine/champagne	3
Bottle 750 ml	Wine/champagne	9
Bottle 275 ml	Alcopop/ready to drink	1.5
25 ml	Spirits, e.g. vodka, whisky, gin, rum	1
35 ml	Spirits, e.g. vodka, whisky, gin, rum	1.4
50 ml	Port, Sherry, Martini	1