



MOVING AHEAD: The Challenge

Alcohol Worksheet

In what ways does your use or non-use of alcohol help you to achieve your overall goals? How does it contribute to the attainment of your goals while at school? How does it hinder the attainment of these goals?

When you think about your pattern of use or non-use of alcohol, what changes would you like to make? These may have to do with the quantity used, frequency of use, negative consequences associated with use, legal considerations, interaction with friends and others, and how you feel both when drinking and afterwards.

1. List these changes that you would like to make.
2. As you review each change you would like to make, what or who would help you make the change? When would you like to make the change?

What behaviors with others' use of alcohol do you see that are problematic for you? What can you plan to do about these behaviors? These might include modifying your perceptions and attitudes, talking with the person, and talking with a knowledgeable person about your concerns with that person.

If you think about your alcohol use or non-use, list specific benefits below regarding this. Also list specific drawbacks regarding your use of alcohol. Compare the two, and see how they relate to one another.

Benefits

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-
-

Drawbacks

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-
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What is your overall perception of alcohol? What role does it play in your life? What role does it play in the lives of those around you – friends, colleagues, family members? What role does it play in our society as a whole? How do you feel about these responses, and what would you be willing to try to change or sustain them?

Talk with other people about their perceptions of your use or non-use of alcohol. Find out what they say, and how these compare with your own perceptions of your use or non-use.

