



Thinking About the Effects of Your Drinking

Reasons for cutting down and stopping your use

Record your pros and cons or, what is good or bad about your use in the boxes below:

Pros for using	Pros for reducing/stopping
Cons for using	Cons for reducing/stopping

Compare your pros and cons, good and bad, with the list provided. Add any more that are relevant to you.

Is it a good time to make the change? This is your decision and you choose the right time for you.