

# How Much Is Too Much? Brief Lifestyle Intervention

## A Typical Drinking Day

What does a typical drinking day look like?

## Information Exchange

Is there anything about your drinking that you are concerned or unhappy with?



## How important is it for you to reduce your drinking?

On a scale of 0 to 10 what number would you give yourself right now?

0	1	2	3	4	5	6	7	8	9	10
◀ NOT AT ALL IMPORTANT					VERY IMPORTANT ▶					

Can you explain why you have given yourself this number? Why did you not give yourself a lower number?

What could you do to move yourself up the scale?

## If you decided to reduce your drinking, how confident are you that you would succeed?

On a scale of 0 to 10 what number would you give yourself right now?

0	1	2	3	4	5	6	7	8	9	10
◀ NOT AT ALL CONFIDENT					VERY CONFIDENT ▶					

Can you explain why you have given yourself this number? Why did you not give yourself a lower number?

What could you do to move yourself up the scale?

What might be the not so good things about reducing your drinking?

---

---

---

What might be the good things about reducing your drinking?

---

---

---

# A six-step plan for changing your drinking habits

## 1. Identify good reasons for changing: can you think of two or three good reasons?

Reason 1

Reason 2

Reason 3

## 2. Set yourself a goal to achieve change...

What?

When?

## 3. Recognise difficult times or situations: when might be the hardest times?

Time 1

Time 2

Time 3

## 4. Prepare for difficult times or situations: think of ways of dealing with hard times...

Time 1

Time 2

Time 3

## 5. Find someone to support you: is there a family member or friend who might help?

Who?

## 6. Stick to your goal!

Remember, nobody's perfect! If at first you don't succeed, try again.

This brief intervention package is based on the *How Much Is Too Much?* Extended Brief intervention tool, developed by Newcastle University, and the Drink Less materials originally developed at the University of Sydney as part of a WHO collaborative study.

**SIPS**  
[www.sips.iop.kcl.ac.uk](http://www.sips.iop.kcl.ac.uk)