

Welcome to Day 2

Date: _____

If you have lost connection and need help call this number:
0208 99 69 639



Name: _____

Is drinking alcohol a problem?

Advise from the UK Chief Medical Officer is to drink no more than _____ units a week on a regular basis

Spread your drinking over _____ days

Don't _____

Try to _____

Low Risk Drinking	
Hazardous Drinking	
Harmful Drinking	
Binge Drinking	

Working out units:

Drink	Volume	ABV %	Units
My Fav 1			
My Fav 2			

Group activity – How many units?
What they drank:

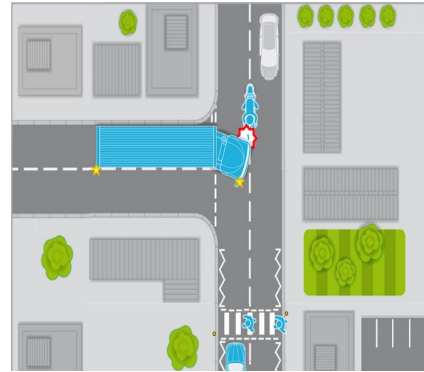
Total Units:
Alcohol Free?

What makes a good driver?

-
-
-
-

How does alcohol impair driving?

-
-
-
-



Crash Avoidance

	Blame	Avoidability
Grey Car		
Lorry		
Motorbike		
0 = Low 5 = high		

What would be the impact for you and your family/friends if you were involved in a fatal collision?

Home Measures

Alcohol Screening Tool – Be honest with yourself!

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

TOTAL

What do you think of these results?

What led to your conviction?

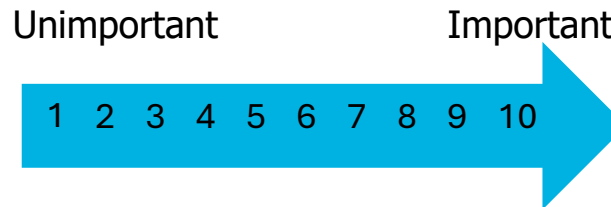
Please note:

- The decisions you took
- The reasons you made them
- Feelings, intentions, day, time etc

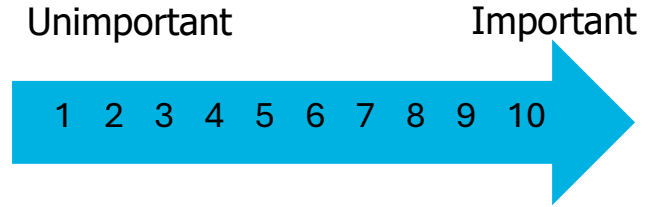
Wheel of Change



Importance to change drink-drive behaviour



Confidence to make the necessary change



Barriers I might face (What can make change difficult for me)

Who/what can help me?

Advantages

Disadvantages

Stage I am at:

What I am doing that puts me
at this stage:

My next steps are:

**Summary – Review these notes and highlight (*) which 3 topics
were most personally useful**

Notes:

Remember:

Unrealistic Optimism

Downward comparison

Illusion of control

For next week: