

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

Don't _____

Try to _____

Working out units:

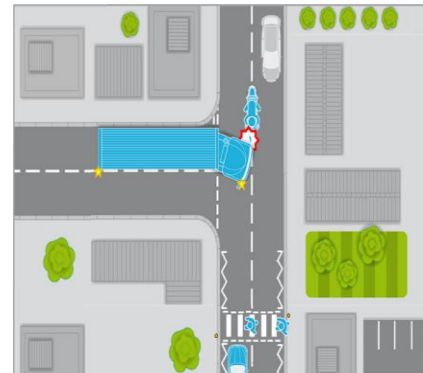
Drink	Volume	ABV %	Units
My Fav 1			
My Fav 2			

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



Stage I am at:

What I am doing that puts me at this stage:

My next steps are:

Importance to change drink-drive behaviour

Unimportant

Important

1 2 3 4 5 6 7 8 9 10

Confidence to make the necessary change

Unimportant

Important

1 2 3 4 5 6 7 8 9 10

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

Who/what can help me?

Advantages

Disadvantages

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: