15 drillking alcohol a problem:	Advise from the UK Chief Methan units a week or			no more
	Spread your drinking over	_		
	Don't			
	Γry to			
Low Risk Drinking	Working out units:			
Hazardous Drinking				
Harmful Drinking				
	Drink	Volume	ABV %	Units
Binge Drinking				
Group activity – How many units?				
What they drank:				
Total Units:				
	My Fav 1			
Alcohol Free?	My Fav 2			

Welcome Day 2 Name_____

Date_____ 0208 99 69 639

Crash Avoidance				
	Blame	Avoidability		
Grey Car				
Lorry				
Motorbike				
0 = Low 5 = high				
What led to your conviction?				
Please note	e:			
• The	The decisions you took			

What makes a good driver?

How does alcohol impair driving?



	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?

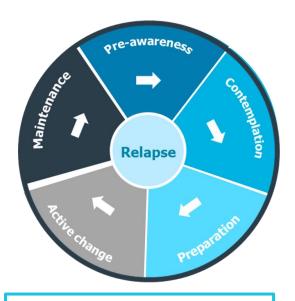
Home Measures

What do you think of these results?

Tool – Be honest with yourself! 1 2 3 4 5 TOTAL 6 7 8 9 10	Alcoh	Alcohol Screening	
1 2 3 4 5 TOTAL 6 7 8 9	Tool		
2 3 4 5 TOTAL 6 7 8 9	yours	self!	
3 4 5 TOTAL 6 7 8 9	1		
4 5 TOTAL 6 7 8 9	2		
5 TOTAL 6	3		
6 7 8 9	4		
7 8 9	5	TOTAL	
8	6		
9	7		
	8		
10	9		
	10		

- 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: