



Break unhealthy habits

We've provided two main ways to break unhealthy habits.
Have a think about which would work best for you:

1. You could consider changing the cue or trigger such as going to the pub with friends. You could meet them somewhere else that doesn't serve alcohol.
2. You could change the way you respond to a cue. You could meet a friend at the pub but choose to drive and drink soft drinks.

Think about positive cues as well as negative cues you could change to help you stick to your current drinking levels. You can use these statements to fill in with your ideas on how to break a habit.

1. Replacing or changing the cue (or trigger)

Current cues I already have in my environment are...

New cues which could trigger me to keep to my drinking limits, which I could add to my environment, are...

Cues that trigger me to drink more than I want to, that I could remove from my environment, are...

2. Change the way you respond to a cue (or trigger)

A replacement activity I could do after experiencing a trigger (which can make me drink more than I want to) is...

Something positive I could tell myself after experiencing a trigger (which I did not give in to) is...