



# Drink: Get support from those around you



## Examples of social support

Social support means that you write down who you think would be able to help you reach your drinking goals and, most importantly, how you think they could help you.

Here are few examples of how social support may help you when your overall goal relates to drinking less.

If you haven't yet set an overall goal or some specific action plans, you can do so using our [goal setting and action planning tool](#).

**Who:** Husband (Paul)

**How:** To not pour a drink for me when I get in from work

**Who:** Friend (Sue)

**How:** To accept and support me when I say I want to drive home instead of sharing a taxi. Also to reassure me I am making the right choice not to drink

**Who:** Colleague (Billy)

**How:** To listen when I tell him how my week has been without drinking. Also to offer advice and suggestions of how I can continue to drink less

You should speak to the people you choose to nominate about how they can provide the support to you in the ways you suggest in your plan.

## Set your social support

Start by working out who your social support is and how they can help you. You can create as many as you feel would be helpful.

### My social support:

Who:

How will they help me:

Who:

How will they help me:

Who:

How will they help me: