



Plan for potential problems – Drinking Less

Examples of If-then plans

Here are few examples of how If-Then plans may help you when your overall goal relates to cutting down on your drinking. 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](#).

If I know that I'm more stressed on a certain day this week

Then rather than have a drink as soon as I return home from work, I will plan to meet a friend to go walking instead

If I have plans with friends who frequently drink alcohol

Then I will replace alternate alcoholic drinks with a soft drink or water

If I usually drink alcohol at home alone

Then I'll buy a low alcohol alternative to my usual drink to drink at home

If tomorrow is a friend's wedding where people will assume I'll drink alcohol

Then I'll drive to the venue and will politely refuse any alcoholic drink

If I'm planning on going out drinking with friends

Then I'll let them know that I'm trying to cut down. That way they might be able to support me in cutting down my drinking

If friends put pressure on me to drink more than I want to

Then I'll say no to them firmly and explain I'm trying to cut down for my health

If I am drinking

Then I'll put a limit range on how many drinks I will have. I'll try to stick to the lower limit but not go above the upper limit

Start making your own If-then plan

To help achieve your overall goal, think about what might make it difficult (barriers or obstacles) and what will make it easier (solution) for you.

Try asking yourself the following questions:

- What situation, place or feeling may be a potential obstacle or barrier I may face?
- How will I overcome them?
- How will I prepare myself?
- What solutions are relevant to me and will help overcome any potential barrier?
- Is there anyone specifically who can help?
- Is there more than one way I can overcome a potential barrier?

Set your If-then plans

Start by setting yourself some If-Then plans for this coming week. You can write as many as you feel would be helpful.

If...

Then I will

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