

Alcohol Diary - Example:

Type of drink(s) consumed today	Quantity (eg one glass)	What you were doing before you had a drink	How you felt after you had a drink	What could you have done differently?
Small glass of red bull and vodka	3 glasses	Feeling really stressed. Difficult day at work and terrible train journey home. I needed to unwind.	Well, I felt a bit better to begin with but it didn't last.	Maybe I should have gone for a walk in the local park – or had a warm bath and then chilled out. I'll try this next time.

Weekly Record

Type of drink(s) consumed today	Quantity (eg one glass)	What you were doing before you had a drink	How you felt after you had a drink	What could you have done differently?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				