

“MY  
DIARY”



# MY DIARY

Keeping a weekly diary is a really good way of becoming aware of how often you drink alcohol, how much and why. Your diary is a powerful way to maintain your motivation, increase your confidence in being successful and help you achieve your goals.

A diary can also help you be aware of the times and occasions when you drink more or less. As you start to put your changes into action, the diary can help you to identify which situations or times are more difficult than others to keep to your goals.

## **How to use the drink diary**

(Looking at the sample diary on page 6 may assist you).

1. Fill in your drink diary every day as soon as possible after drinking alcohol (ideally the diary can be carried with you).
2. Record all the alcoholic drinks you had (type and amount) for each day.
3. Make a note of the situation or environment you are in (e.g. where you are, what is happening and who you are with).
4. Be mindful of your thoughts, feelings and mood before drinking and if you have any urges or cravings.
5. Work out the total number of standard drinks you had each day (refer to pages 9 in the *Here's to Your Health* booklet for standard drinks).
6. Make sure you record the days you had NOTHING to drink.
7. Add up the amount of money you spend each day and total it for the week.
8. At the end of the week review your diary and reflect on how you went. Identify what went well, any challenges or triggers, and how you dealt with them.
9. Write down your thoughts in the "reflect on how you went during the week" at the end of the diary sheet.

## **Making sense of your diary**

Here are some suggestions to help you make sense of your diary and help you keep on track:

1. Review the situations where you kept to the limits you set for yourself. What strategies worked well?
2. Review the situations where you were unable to keep to your limits. What was happening, where were you, who were you with and what was your mood, thoughts and feelings at the time? These are **high-risk situations** and can challenge you in keeping to your goals. Look back at pages 29-31 in the *Here's to Your Health* booklet if you need strategies to manage these.
3. If you were not able to keep your diary everyday, think about what stopped you and how you might motivate yourself to keep the diary in the future.
4. Review your goals for the next week – do you need to modify them to make them more realistic for you to achieve? Remember to make your goals SMART!

# SAMPLE DRINK DIARY

My goals are: 1. Drink no more than 4 standard drinks per day  
 2. Have 2-3 alcohol free days per week  
 3. Try to drink on weekends only

Day & Time	Situation (where, when, who with?)	Mood prior to drinking (eg: happy, sad, stressed etc.)	What happened?	Type & amount of drink	Standard Drinks	\$ Spent
Monday	New start to the week so motivated and energised	Feeling really positive and confident that I can do this	Day at work went well and walked the dog with wife and didn't drink	0	0	0
Tuesday	Day 2 of the week and not feeling quite as good as yesterday	Really tired from stressful day at work – urge to drink but wife helped support & listen	Decided to go for a walk instead	0	0	0
Wednesday	Invited for drinks after work with work mates	Felt happy and confident to keep to plan of 4 drinks	Had 4 drinks	4 beers full strength	5.6	\$41.60
Thursday	Didn't sleep well so woke up tired	Felt tired and down because I drank more than limit on Wed so feel a failure	Talked to wife who was encouraging	0	0	0

Friday	Out to dinner with wife and friends	Felt anxious and hoped could keep to plan of 4 drinks	Opted to be skipper so kept drinking slowly all evening	2 mid strength beers	2	\$18.00
Saturday	Family BBQ	Anxious, stressed and angry	Run in with brother in-law and wife made excuse to leave early (sneaked 2 beers at home)	3 mid strength beers	3	\$18.00 9 (bought out) 9 (2@home)
Sunday	Quiet day at home	Tired, relaxed and happy	Spent day at home with family	White wine 2 glasses	3	\$8.61

**TOTAL STANDARD DRINKS FOR THE WEEK = 13.6**

**TOTAL COST = \$86.21**

### **Reflect on how you went during the week**

The week started out well but as it progressed, work stress and tiredness set in and I felt more urges to drink to help me unwind. I wasn't aware of the number of standard drinks when I was out so this tripped me up a bit. I need to drink mid strength beer! My wife was good in listening and helping me keep on track. I did achieve 3 alcohol free days and this really boosted me. I need to work out some other ways of coping with annoying relatives especially with the Christmas coming up. While I didn't manage to drink only on weekends, I still did pretty well for a first try.

# MY DRINK DIARY

Week commencing: \_\_\_\_\_

My goals are: 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Day & Time	Situation (where, when, who with?)	Mood prior to drinking (eg: happy, sad, stressed etc.)	What happened?	Type & amount of drink	Standard Drinks	\$ Spent
Monday						
Tuesday						
Wednesday						



Thursday									
Friday									
Saturday									
Sunday									
<b>TOTAL STANDARD DRINKS FOR THE WEEK</b>									

Reflect on how you went during the week

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# MY DRINK DIARY

10

Week commencing: \_\_\_\_\_

My goals are: 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Day & Time	Situation (where, when, who with?)	Mood prior to drinking (eg: happy, sad, stressed etc.)	What happened?	Type & amount of drink	Standard Drinks	\$ Spent
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Tuesday						
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My Diary

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# MY DRINK DIARY

12

Week commencing: \_\_\_\_\_

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3. \_\_\_\_\_

Day & Time	Situation (where, when, who with?)	Mood prior to drinking (eg: happy, sad, stressed etc.)	What happened?	Type & amount of drink	Standard Drinks	\$ Spent
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14

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Day & Time	Situation (where, when, who with?)	Mood prior to drinking (eg: happy, sad, stressed etc.)	What happened?	Type & amount of drink	Standard Drinks	\$ Spent
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Tuesday						
Wednesday						

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16

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2. \_\_\_\_\_

3. \_\_\_\_\_

Day & Time	Situation (where, when, who with?)	Mood prior to drinking (eg: happy, sad, stressed etc.)	What happened?	Type & amount of drink	Standard Drinks	\$ Spent
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Tuesday						
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My Diary



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# MY DRINK DIARY

18

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My goals are: 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Day & Time	Situation (where, when, who with?)	Mood prior to drinking (eg: happy, sad, stressed etc.)	What happened?	Type & amount of drink	Standard Drinks	\$ Spent
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20

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3. \_\_\_\_\_

Day & Time	Situation (where, when, who with?)	Mood prior to drinking (eg: happy, sad, stressed etc.)	What happened?	Type & amount of drink	Standard Drinks	\$ Spent
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22

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Day & Time	Situation (where, when, who with?)	Mood prior to drinking (eg: happy, sad, stressed etc.)	What happened?	Type & amount of drink	Standard Drinks	\$ Spent
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Reflect on how you went during the week

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# MY DRINK DIARY

24

Week commencing: \_\_\_\_\_

My goals are: 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Day & Time	Situation (where, when, who with?)	Mood prior to drinking (eg: happy, sad, stressed etc.)	What happened?	Type & amount of drink	Standard Drinks	\$ Spent
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# MY DRINK DIARY

26

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2. \_\_\_\_\_

3. \_\_\_\_\_

Day & Time	Situation (where, when, who with?)	Mood prior to drinking (eg: happy, sad, stressed etc.)	What happened?	Type & amount of drink	Standard Drinks	\$ Spent
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Government of **Western Australia**  
**Mental Health Commission**

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