

**Weigh Your Risks and Benefits.** If you are not already doing so, make a list of the pros and cons of following the responsible drinking guidelines listed in the first module of this activity. The supplement from the Personal Finance section of this website may also be helpful with this task. It gives you an example of how much money you would save if you cut back on your drinking and invested the cost of the alcohol instead.

**Examples**

Possible Risks	Possible Benefits
You may not be included in some activities with friends.	You would be a role model, and people would respect you for it.
You may have a harder time relaxing in some social situations.	You would save money that you could invest or spend on something else.
It may be hard to explain to people that you do not want another drink.	You would lose weight and improve your physical health.

**Make your own list**

Possible Risks	Possible Benefits