

What to Do When. When you are working on a goal, it can be helpful to figure out exactly how you want to handle challenging times. Although you are often the best judge of what would be the most helpful, sometimes ideas that work for others can be useful. In the following table, the left-hand column lists situations that may be challenging while working on a responsible drinking plan. On the right side are some solutions some people find helpful. Take a pencil and draw lines to match up the challenges on the left with the best solution on the right that would help you at a time like that.

Situation	Solution
If I am tempted to over-drink at a restaurant or bar	Then I will remind myself that drinking causes problems with my spouse/partner
If I am tempted to over-drink with friends at a party	Then I will remind myself that I can choose when I drink
If I am tempted to over-drink when I am frustrated or stressed	Then I will do something else relaxing (eg, a hot bath, systematic relaxation*)
If I am tempted to over-drink when I am happy and celebrating	Then I will remind myself that if I over-drink I will feel sick the next day
If I am tempted to over-drink when I am angry at something or someone	Then I will remember that if I over-drink I will not function well the next day
If I am tempted to over-drink when I am depressed	Then I will find someone to talk to that understands my drinking goals
If I am tempted to over-drink with my partner or close friend who is drinking	Then I will remove things from my home or office that remind me of drinking
If I am tempted to over-drink after arguments or conflicts with my family	Then I will remind myself that I want to be a role model of healthy alcohol use
If I am tempted to over-drink when I see someone drinking and enjoying it	Then I will do something that I enjoy that I could not do if I were drinking
If I am tempted to over-drink while talking and relaxing with friends	Then I will go somewhere that people are not drinking
If I am tempted to over-drink because someone offers me another glass	Then I will remind myself of how stupidly drunk people act
If I am tempted to over-drink when I cannot sleep at night	Then I will remind myself of dumb things I have done while over-drinking

*See Mental Health chapter.