A PAUSE, A PRACTICE, A NEXT STEP

Alcohol Use

Talk about drinking and make a safe plan.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Tell your care team what happens

Say roughly how much you drink, when you last drank, and how you feel when you go without it. Mention any past seizures or hospital visits after cutting back.

01 / Notice and reflect

What worries me about my drinking?

02 / Notice and reflect

What happens when I go without a drink?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Call 911 if someone has a seizure, is very confused, or sees or hears things that are not there after cutting back or stopping. If you are already having withdrawal symptoms, seek medical care now.

Read more: MedlinePlus · Alcohol withdrawal and when to get help

More tools and immediate support: Our Healing Room / Crisis Support.