

## ~ Losing The Boozing ~ Worksheet 2

**What's my goal around alcohol consumption for this month?**

**MONTHLY TRACKING KEY:**

<b>#drinks today</b>	How many alcoholic drinks today. Be honest on the pouring sizes / glasses - be consistent in how you record it.
<b>Why?</b>	Why did you have a drink? Where were you? Was it a particular place or trigger?
<b>With..</b>	Who were you drinking with?
<b>How did I feel before / during / after?</b>	What were you TRYING to FEEL - or NOT feel? Trying to feel connected? Trying to escape feeling stressed? Avoiding feeling bored?
<b># New N/A</b>	What new non-alcoholic drinks did you try today? Lemon, Lime and Bitters? Coconut Water? Kombucha? Seedlip? CONSCIOUSLY try and expand your non-alcoholic repertoire of enjoyable drinks.

Date	# Drinks today	Why?	With..	How did I feel before/during/after?	# New N/A
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					

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Date	# Drinks today	Why?	With..	How did I feel before/during/after?	# New N/A
12					
13					
14					
15					
16					
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