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## The Three-Road Map

Stop at the first “yes” (Chapter 7).

**Step 1. Safety first.** Any box ticked in the three safety questions? Points on AUDIT questions 4–6? An AUDIT total of 20 or more?

☐ Yes → **■ Call in help.** See a doctor before changing anything (Chapter 8).

**Step 2. Does your body have its own reasons?** Pregnant or trying to conceive? Liver disease? A medicine that mustn’t be mixed with alcohol?

☐ Yes → **▲ Turn it to zero**, and tell your doctor.

**Step 3. What does your history say?** 6 or more boxes in the spectrum count (Chapter 6)? Dependent on alcohol in the past? Tried several times to cut down without sticking to it?

☐ Yes → **▲ Turn it to zero.** Consider support (Chapter 10) and ask about medicines (Chapter 9).

**Step 4. What do you want?**

☐ To drink less, and I believe I can keep to a limit → **○ Turn it down.**

☐ Stopping feels easier than keeping limits → **▲ Turn it to zero**, for at least 30 days.

☐ Not sure → start with **▲** for 30 days (Chapter 11).

**My road:** ☐ **▲** ☐ **■** **Date chosen:** \_\_\_\_\_ **Review date:**

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**My main reason:**

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