

ntial.....It's Absolutely FREE.....




**Should your drinking worry you?**

DOWN YOUR DRINK is the revolutionary six week online program that tells you what you need to know to stay drinking safely. [Click here](#) for more information...




**Members Log In**

**If you think you may be drinking more than is good for you [click here](#) to find out**






Developed by Quantentheweb.com and TheInternetOne , Design by design-star

Down Your Drink is the revolutionary online program for people who are worried about their drinking.



**We do not think alcohol is evil**, on the contrary, we think that drinking a reasonable amount is good for most people. What we want to do is to give you sufficient information for you to decide what is a reasonable amount for you to drink. Then help you get there!

The online course is in six weekly parts, based on the latest , proven practical methods to reduce drinking as recommended by leaders in the alcohol and education and treatment field. It takes less than an hour a week, for 6 weeks - online to complete the course, during which time we will teach you how to become a **"Thinker Drinker"** and develop safer drinking habits.

**Totally Free**  **Absolutely Confidential**  **Part of the NHS**


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**To register, please answer the following four questions:**

**Question 1:**

**How often do you have 8 or more (men) / 6 or more (women) drinks on once occasion?**  
(1 drink = 1/2 pint of beer or 1 glass of wine or 1 single spirits)






Never

Less than Monthly

Monthly



Weekly


Daily

Your "Drinking Test" Score is 8 which is in the Red Zone, indicating that your drinking may be a problem:

You may be :  
Not Feeling at all well

**NHS**  


**DOWN YOUR DRINK** [FAQ](#) [Log In](#) [About the Program](#) [Home](#) [Register](#) [Alcohol Concern](#) [Drinkline](#) 

**Program Registration - Consent Form (cont'd)**

**Please choose a password:**  
 User Name:  - Choose you own confidential User Name and Password  
 Password:   
 Confirm Password:


**Please fill in the following:**  
 Age:   
 Sex:  Male  Female  
 Ethnic Type:  Other:   
 Occupation:   
 Email Address:   
 Marital Status:  Single  Married  
 Do you have children?:  Yes  No If so how many?:   
 How did you find out about Down Your Drink?:  Other:

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### Gains and Losses

You ought to start thinking now about what you hope to gain and what you are worried about losing when you alter your drinking system. Try to fill these blanks with your own personal gains and losses.

When I cut down I will feel better because:

- I will have more money to spend on other things
- I will not be arguing with people so much
- I will feel proud of what I have achieved
- I will wake up without a hangover
- I will
- I will
- I will
- I will
- I will
- I will


Your Answers are saved in your Personal Thinking Drinking Record, you can refer back to them at any time.

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### Week 2

## Down Your Drink Program

Welcome Back!

to the second week of the course, we hope you had a good week.

! REMINDER - if you have kept a diary or a record of your drinking over the last week, have it handy - it will be useful when completing the drinking diary.

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**Sensible Drinking**

★ Place your mouseover the text to find out more....

**X Over 32 units** ▶  
**X Up to 32 units** ▶  
**✓ Up to 23 units** ▶  
**Up to 13 units** ▶

**! WARNING** If you drink when you are pregnant, you give your baby drink as well. Many doctors suggest you should drink only a little if at all when you are pregnant. If in doubt, ask your doctor.

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**Bad Thoughts - Good Thoughts**

**Bad Thought**  
 I'm under a lot of stress - I need a drink to help me relax

**Add in your own good thought....**

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**Thinking Drinking (contd)**

We want **you** to become  
**A**  
**THINKER DRINKER**

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**How's it going?**

\* We hope you still want to "Down Your Drink" because it is getting near to the time for you to do it!  
 By now you will have completed the Drinking Diary for two weeks and you will be able to see your drinking pattern. To view this simply go to the drinking diary and click on "View History" and a graph will appear.

\* This weeks program covers the following:

A Contract between us Blood Alcohol Level - what it is? Blood Alcohol Levels for Women & for Men  
 Triggers - How to stop shooting yourself Have you decided yet? If not try this Setting Targets

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**BLOOD ALCOHOL LEVEL - B.A.L.**

★ What does BAL = 60 mg per cent mean?  
 This table is a guide to what different Blood Alcohol Levels mean.

BAL mg per cent	What happens to you	
50	Merry, relaxed, cheerful	
80	Legal limit for driving	
100	Talkative, losing inhibitions	
150	Speech slurred, unsteady	
200	Staggering about, seeing double	
400	Oblivion, coma	
600	Death almost certain	

! **DON'T FORGET** - The legal limit for driving is a Blood Alcohol Level of 80 mg per cent. But don't kid yourself that legal means safe.

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**SETTING TARGETS**

★ **What if it doesn't work?**

Self-help methods do not work for everyone but have proved themselves with a lot of people.

Do not expect miracles.

Do not give up easily.

If you drink more than you planned do not be discouraged. If after all your efforts it doesn't work, let us know. There are other methods, one of which may suit you better than self-help.

If after all your efforts it doesn't work, contact Alcohol Concern, Drinkline or your doctor. There are other methods, one of which may suit you better than self-help.

★ **What if I don't feel well?**

If cutting down causes "the shakes", sweating or feeling frightened, you should not continue but discuss it with your doctor.

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Drinking Diary

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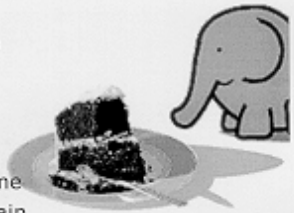
Log Out



### Rewards

**\* A lot of people find that it's very helpful to reward themselves for keeping to their target. If you're not sure about this, why not give it a try?**

Cutting down on your drinking brings its own rewards.



- mmmm  ...like not waking up with a hangover
- ...like not being tired and irritable all the time
- ...like starting to enjoy talking to people again

**\* We think you deserve something EXTRA for all the effort you're making. So - if kept to your target for one day, you could -**

- Watch a favourite video
- Have a long soak in the bubble bath
- Eat something you really like (if you're not slimming)
- Phone up a friend
- Listen to your favourite CD

**\* Enter your own daily rewards:**

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