



**Drink limits for healthy drinking**

	Per week	Per day
Men	14	4
Women	7	3
All age >65	7	3

**Explore ambivalence and change options**

	Status quo	Changing
Pros		
Cons		



How many times in the last year have you had more than 4 (3) drinks on any one occasion?

How many times in the past year have you used an illegal drug or used a prescription medication for non-medical purposes?

Elicit

What do you know about \_\_\_\_\_? (safe drinking limits, the effects of alcohol or drugs on your medical condition ...)

Provide

Information in a tailored way. Ask permission: "May I share some information about \_\_\_\_\_ with you?"

Elicit

What do you make of that? Where does that leave you?

Negotiate plan

- "What steps can you take to cut back your use?"
- "How would your drinking (drug use) have to impact your life in order for you to start thinking about cutting back?"