

Why do I drink – and how does it harm me?



(PantherMedia / Marina Appel)

Would you like to drink less alcohol or stop altogether? It can help to first think about why you drink.

Alcohol can be harmful in many ways. Asking yourself whether alcohol has ever harmed you and how can be motivating if you want to change your drinking behavior.

On the other hand, nobody would drink alcohol if it were all bad. So it's helpful to not only consider the disadvantages of alcohol, but to also think about questions like:

- What does alcohol do for me?
- How can I achieve that in the future without using alcohol?

Becoming aware of your drinking habits can make it easier to recognize situations that may encourage drinking. That makes it easier to avoid those kinds of situations or to think about how to get through them without using alcohol.

It is not necessarily obvious why you might drink alcohol or what sort of harmful effects it has. Taking a moment to write both the positive and negative things you associate with drinking can help to make it clear. The table on the following page already lists a few reasons someone might drink and some possible negative effects. It can be useful for writing down the issues that are important to you.

It is crucial that you are honest with yourself when you fill out the table, even though it may be difficult to do so. Admitting that a problem is caused or made worse by the use of alcohol can put you in an uncomfortable position.

You might even surprise yourself if you notice that you sometimes only drink to lower your inhibitions or because it's what others expect of you, for instance.

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Sources and further information:
www.informedhealth.org/alcohol



Why do I drink – and how does it harm me?

Why I drink

- ☐ The taste
- ☐ To relax
- ☐ Fewer inhibitions
- ☐ Socializing and partying
- ☐ To forget my problems
- ☐ Out of habit
- ☐ Alcohol is just part of my lifestyle

- ☐ _____
- ☐ _____
- ☐ _____

Why I want to stop

- ☐ Feeling ill / hangover
- ☐ Guilty conscience
- ☐ Relationship trouble
- ☐ Possible loss of my driver's license
- ☐ Feel less fit
- ☐ Trouble at work
- ☐ Harmful to my health

- ☐ _____
- ☐ _____
- ☐ _____

Notes
