The Plan

Over the course of this program you will:

1. Study your drinking habits. Figure out what leads to drinking and what keeps it going.
2. Change habits and things around you that lead to or encourage drinking.
3. Learn positive alternatives to drinking alcohol.

Your therapist will help you through these phases during the next 12 weeks. In the first three sessions, the focus will be on phase one. As part of phase one, you will look at what people, places, and things lead to drinking. You will also look at what happens because of drinking.

The following is a list of some important points about the treatment program you are about to begin.

- People with problems similar to yours have learned to stop drinking.
- Drinking is something you have learned to do. Habits can be changed. Right now, it does not matter how the drinking got started; it is important to figure out how to change.
- The goal is to be totally abstinent—to stop drinking altogether. Drinking should stop early on in the treatment. Sometimes people will have slips, but successful people learn from mistakes and get back with the program.
- Work in between sessions is as important as work during sessions. There will be things that you will be asked to do to learn and practice new skills. Practice is the only way to get this right. Often it is not possible to learn everything well during the session. If you do not complete the tasks required, your therapist reserves the right to reschedule your session in order to give you an opportunity to make up the work.