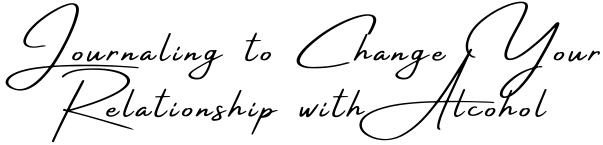


## 1) Why do you drink?

It helps me ru	XUX: 10:18 FUIV	<u> </u>	<i>y</i>	<b>V U</b>	v contag vo	,
-Why do v	ou want to	ocut back	/ stop drin	kina?		
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3) What fears do you have about cutting back/stopping?
ie. Life will be sad: I'll feel like I'm missing out: I'll lose friends
4) Describe the future you who has a new relationship with alcohol. (What has improved? How do you feel? What are your thoughts about alcohol?
ie. I have more energy. I feel good about myself. I don't spend a lot of time thinking
about drinking. I feel happy that $I$ can have fun at a party without drinking and
also not have to worry the next day that I said $\operatorname{idid}$ something stupid.