



## WRITE IT DOWN—LEARN—MOVE ON

1. What and how much did I drink that wasn't planned?

Blank space for writing the answer to question 1.

2. What was the circumstance that triggered it?

Blank space for writing the answer to question 2.

3. What was the thought that caused the desire or urge?

Blank space for writing the answer to question 3.

4. Did I try to resist or did I just react?

Blank space for writing the answer to question 4.



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5. Did I try to allow the urge? What worked and what didn't?

Blank area for writing the answer to question 5.

6. What did I learn?

Blank area for writing the answer to question 6.

7. What will I do next time?

Blank area for writing the answer to question 7.