

The pros and cons of changing your drinking

What are the good things about changing your drinking and what are the not so good things?

Fill in this work sheet to help you to decide whether stopping drinking will be beneficial.

Pros	Cons
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.