

Drinks and units

A 750ml bottle of red, white or rosé wine (ABV 13.5%) contains 10 units.

See the guide below to find out how many units are in your favourite tipple.

Type of drink	Number of alcohol units
Single small shot of spirits * (25ml, ABV 40%)	1 unit
Alcopop (275ml, ABV 5.5%)	1.5 units
Small glass of red/white/rosé wine (125ml, ABV 12%)	1.5 units
Bottle of lager/beer/cider (330ml, ABV 5%)	1.7 units
Can of lager/beer/cider (440ml, ABV 5.5%)	2 units
Pint of lower-strength lager/beer/cider (ABV 3.6%)	2 units
Standard glass of red/white/rosé wine (175ml, ABV 12%)	2.1 units
Pint of higher-strength lager/beer/cider (ABV 5.2%)	3 units
Large glass of red/white/rosé wine (250ml, ABV 12%)	3 units

*Gin, rum, vodka, whisky, tequila, Sambuca. Large (35ml) single measures of spirits are 1.4 units.

Drinks & Units Source: NHS Website last updated April 2018

ALCOHOL AWARENESS FORM

Name

Date.....

Reasons for wanting to stop drinking alcohol

1.
2.
3.

The "I" Plan

Monitor your alcohol intake for the next 7 days by marking an 'I' in the appropriate day for each measure of alcohol that you consume. (i.e. I = 1 unit, II = 2 units, III = 3 units, etc.).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am - 11 am							
11 am - 2 pm							
2 pm - 5 pm							
5 pm - 8 pm							
8 pm - 11 pm							
11 pm - 2 am							
2 am - 5 am							
5 am - 8 am							
FEELING							

Make a note each day of the thoughts or feelings that trigger off your FIRST alcoholic drink of the day that you consume, using the following codes (adding extra ones of your own if appropriate)

A = Anger B = Boredom C = Comfort D = Depression E = Empathy F = Fear G = Grief H = Habit ☺ = Happy
 I = Insecurity J = Jealousy L = Lonely M = Melancholy N = Nervous P = Pain S = Social W = Worry

ALCOHOL INTAKE FORM

Name:

Date

<i>Key: A=Always, R=Regularly, O=Often, N=Never</i>	<i>A</i>	<i>R</i>	<i>O</i>	<i>N</i>
Do you drink alcohol more than 4 days/nights per week				
In a typical drinking session does your alcohol intake exceed 4 drinks?				
Do you usually drink alone?				
If you drink with someone else, does this person plan to quit alcohol to support you?				
Do you exceed standard alcohol measures when drinking wine or spirits?				
Do you find it hard to stop once you begin to drink?				
Have you ever resorted to hiding your alcohol?				
Do you ever lie about your drinking?				
Have you ever done or said anything you've later regretted while drinking?				
Do you ever suffer from feelings of guilt or remorse after a drinking episode?				
Are you ever unable to afterwards recall what occurred during a drinking session?				
Do you feel that you need to reduce or stop drinking				
Has anyone else showed concern over your drinking?				
Do you ever feel the need to drink (alcohol) in the morning or on waking up?				
Have you (or anyone else) suffered an injury due to your drinking?				
Have you previously sought help to stop drinking?				
Have you ever failed to accomplish something expected of you due to a drinking episode?				

Reasons to quit alcohol

Alcohol, even in moderate amounts, has been linked to mental impairment, depression, high blood-pressure, migraine, weight gain and a number of other health related conditions.

Alcohol can also be responsible for relationship breakdown, accidents, low performance at work and home and in extreme cases, death.

Some of the signs that you may be drinking too much alcohol are:

1. A lack of interest in activities you previously enjoyed participating in.
2. Appearing intoxicated more regularly, i.e. slurring your words, unsteadiness on feet.
3. Needing to drink more alcohol in order to achieve the same effects.
4. Appearing constantly tired, unwell or irritable.
5. Weight gain.
6. An inability to say no to alcohol even if you don't really want one.
7. Anxiety, depression or other mental health problems.

Alcohol may be used as a crutch to help people to feel more confident or interesting, however the first thing that alcohol affects is the brain which means that although you may feel more exuberant and able to express yourself, to others who don't drink you will simply sound incoherent or even ridiculous.

If your friends or colleagues are regular drinkers and try to persuade you to drink with them this is more likely to be because they don't want to drink alone.

If they try to make you feel guilty for not drinking alcohol there is no shame in standing up for yourself and saying no. You can still have fun (in fact a lot more fun) by drinking non-alcoholic beverages.

Hypnotherapy can help you to quit drinking but it's a two-way program and you should need to at least *want* to quit.

If you're tired of hearing that niggling voice inside your head warning you not to drink then it's time for you to quit and your hypnotherapist can help by installing confidence in your ability to do just that. You can take it one day at a time or simply cut down on your alcohol intake gradually.

If you decide on the latter it won't be long before your natural preference is to abstain from drinking alcohol completely.