



## **My Alcohol Protocol**

My Overall Objective & Vision

### **My Alcohol Protocol**

*Write down your alcohol protocol you will stick to. See examples below*

### **My Consequences (Optional)**

*Write down your consequences if you break from your chosen protocol. See examples below*

### **Example Alcohol Protocols**

- **2 drinks per session, No more than 2 sessions per week.**
- **2 drinks on Fridays and Saturdays only.**
- **1 drink per hour. 1 water between each drink.**
- **No more than 1 bottle of wine is opened per session.**

### **Example 'Consequences' of Breaking Protocol (Optional)**

- **Cease drinking for 90 days.**
- **Donate \$500 to a charity.**
- **Choose a more restrictive protocol for 6 months.**
- **Dedicate 25 hours to personal development & self-care.**