

SOME FIRST STEPS

- Know the volume of one drink.
One standard drink:
12 oz beer (5% alcohol)
5 oz glass wine (12% alcohol)
1 1/2 oz 80-proof liquor (40% alcohol)
- Record your number of daily and weekly drinks.
(<http://www.moderation.org/abstar/>)
- Stop drinking for 30 days.
- Clarify your motivation to change.
- Become aware of your triggers to drink.

Suggested Readings

- Miller, W., and R. Munoz. 1990.
How to Control Your Drinking.
Albuquerque: University of New Mexico Press.
- Prochaska, J., Norcross, J., & C Diclemente. 1994.
Changing for Good.
New York: Avon Books.
- Rotgers, F., Kern, M. and R. Hoeltzel. 2002.
Responsible Drinking, A Moderation Management Approach for Problem Drinkers.
Oakland, CA: New Harbinger Publications.

IS MM FOR EVERY PROBLEM DRINKER?

MM is often viewed as a non-threatening first step in addressing a drinking problem. MM encourages each individual to examine why they abuse alcohol, and make changes accordingly.

If a healthy level of consumption cannot be reached using this program, choosing abstinence becomes a more realistic goal. MM supports both moderation and abstinence.

HOW TO ACCESS THE MM PROGRAM

The MM program is available online (www.moderation.org) and in United States and International face-to-face support groups. A directory of these groups is available on our website.

Our programs are offered free of charge and are completely anonymous.

Online resources include

- An email listserv
- *Abstar*, for online drink recording
- Nightly chat rooms
- Online meetings
- A list of moderation-friendly therapists
- Contact information for local support groups
- A full FAQ explaining our program
- Suggested readings

Local face-to-face support groups

Live MM meetings offer closer interaction and feedback. Members share harm reduction and behavior change techniques, and can explore emotional issues and other life problems.

The Moderation Management Network, Inc. is a 501c3 non-profit corporation. Programs are free to all.
** Please support us. Send donations to: **

Moderation Management
2795 East Bidwell Street
Suite 100-244
Folsom, California 95630-6480



Donations may also be made via Paypal on our www.moderation.org website.

Phone: 212-871-0974
Email: mm@moderation.org
Website: <http://www.moderation.org>



Worried
about
your
drinking?

www.moderation.org

Why is “Moderation Management” Needed?

Of all adults in the United States who drink alcohol, about 1 in 10 have drinking-associated problems, but only 10% of that number seek help. Help may not be sought early because of the stigma of the label ‘alcoholic,’ the requirement of permanent abstinence, and the fact that treatment records may jeopardize future employment and insurance eligibility.

The Moderation Management program offers a reasonable first step for people concerned about their drinking. According to the National Institute on Alcohol Abuse and Alcoholism, problem drinkers outnumber “alcoholics” by a factor of five, but there are no programs that address the needs of early stage problem drinkers. MM addresses that need.

The treatment goal of controlled drinking is controversial in this country, but has been shown to be effective for many, particularly those who are just beginning to experience problems. Moderation Management is the only US program to support moderate (controlled) drinking as a goal for problem drinkers. MM treats problem drinking as a learned habit which can be changed through education, behavioral techniques, personal insight, and group support.

Knowledge

Self-Management

Balance

Moderation

Responsibility

ASSUMPTIONS OF MM

- Problem drinkers should be offered a choice of behavior change goals.
- Harmful drinking habits are best addressed at an early stage, before problems become severe.
- Problem drinkers can make informed choices about moderation or abstinence goals through education and shared experience.
- Harm reduction is a worthwhile goal, especially when total abstinence is not a realistic option.
- People should not be forced to change in ways they do not choose willingly.
- Changing harmful habits is a natural process, one which many people accomplish with no help. MM hastens and supports the self-change process. It also provides a structure to help decide whether moderation or abstinence will be the best goal.

THE VALUES THAT GUIDE MM

- Each person takes responsibility for correcting his/her own drinking problem.
- People helping people is the strength of the organization.
- People who help others also help themselves.
- Self-esteem and self-management are essential.
- Members treat each other with respect and dignity.
- Judgment and blame are counter-productive.

MM SUGGESTED LIMITS

- Strictly obey local laws regarding drinking and driving. The only perfectly safe BAC* while driving is 0.00%.
- Do not drink in situations that would endanger yourself or others.

*Blood Alcohol Concentration (BAC) charts are available on the MM website. The BAC takes into account weight, gender, and rate of drinking.

Alcohol consumption guidelines for lower risk of alcohol-related problems.

For Men:

No more than 14 drinks per week or 4 drinks per occasion.

For Women:

No more than 9 drinks per week or 3 drinks per occasion.

For All:

3-4 non-drinking days per week.