THE STEPS

Nine Steps Toward Moderation and Positive Lifestyle Changes

1. Attend meetings or on-line groups and learn about the program of Moderation Management.

2. Abstain from alcoholic beverages for 30 days and complete steps three through six during this time.

3. Examine how drinking has affected your life.

4. Write down your life priorities.

5. Take a look at how much, how often, and under what circumstances you used to drink.

6. Learn the MM guidelines and limits for moderate drinking.

7. Set moderate drinking limits and start weekly "small steps" toward balance and moderation in other areas of your life.

8. Review your progress and update your goals.

9. Continue to make positive lifestyle changes and attend meetings whenever you need ongoing support or would like to help newcomers.