SOME FIRST STEPS

- Know the alcohol content 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/)
- Consider stopping drinking for 30 days to reset your relationship with alcohol.
- Clarify your motivation to change.
- Become aware of your triggers to drink.

SUGGESTED READINGS

Responsible Drinking, A Moderation Management Approach for Problem Drinkers

Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward

Controlling Your Drinking, Second Edition: Tools to Make Moderation Work for You
Miller, W., and R. Munoz. 1990.

IS MODERATION MANAGEMENT FOR EVERY PROBLEM DRINKER?

Moderation Management™ is often viewed as a non-threatening first step towards 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 Moderation Management™ program is available online (www.moderation.org) and is found in United States and International face-to-face support meetings. A directory of these groups is available on our website.

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

SUPPORT RESOURCES INCLUDE

- The MM Forum Message Board
- An Email Listserv, our “Online Meeting” 24/7
- The MM “Public Hub” Blog
- “Abstar” online drink counting tool
- Chat rooms, with scheduled topic chats
- Keeper posts and testimonial stories
- Directory of moderation-friendly therapists
- Contact information for local support groups
- In-person, telephone and online meetings
- A full FAQ explaining our program
- Suggested readings
- MM sponsors the Dryuary™ “Dry January” program

LOCAL FACE-TO-FACE SUPPORT GROUPS

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

Moderation Management™ is a 501(c)(3) non-profit corporation. Our programs are free to all. (Please consider supporting us.)

Moderation Management
2885 Sanford Ave SW #36026
Grandville, MI 49418-1342

Visit our www.moderation.org website.
Email: mm@moderation.org
**Why is “Moderation Management” Needed?**

Large numbers of people with alcohol-related problems are unable to find appropriate support. A recent study\(^1\) from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) showed alcohol use disorder (AUD) affected nearly 14% of its large US adult sample. A recent Center for Disease Control study\(^2\) showed that 90% of those with AUD are less severe. (eg: Not physically dependent on alcohol).

Many people trying to cut back on their drinking benefit from peer support. Our established program is available from in-person meetings in many major cities, the award-winning book “Responsible Drinking” (available on Amazon), and through innovative use of online resources.

Participants are encouraged to make good personal choices and to select their own goals. Moderation Management members decide their own paths to come to terms with individual issues with alcohol.

Moderation Management endorses a program of behavioral change that has a strong basis in scientific research. We encourage drinkers to consider taking action either by cutting back or to quit drinking before their problems become severe.

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\(^1\) Bridget F. Grant, PhD; Risë B. Goldstein, PhD, MPH; Tulshi D. Saha, PhD; S. Patricia Chou, PhD; Jeesun Jung, PhD; Haitao Zhang, PhD; Roger P. Pickering, MS; W. June Ruan, MA; Sharon M. Smith, PhD; Boji Huang, MD, PhD; Deborah S. Hasin, PhD. Epidemiology of DSM-5 Alcohol Use Disorder Results From the National Epidemiologic Survey on Alcohol and Related Conditions III JAMA Psychiatry. 2015;72(6):757-766.