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.

- 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.

HOW TO ACCESS THE MM PROGRAM

The Moderation Management™ program is available online ([www.moderation.org](http://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](http://www.moderation.org) website.
Email: mm@moderation.org
ASUMPTIONS 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.
• Reducing your drinking 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 our 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.

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.

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(8):757-766.