

DRINK STRENGTHS

Beer

½ Pint Ordinary Strength Beer/Lager	1 Unit
1 Pint Ordinary Strength Beer/Lager	2 Units
1 Can Ordinary Strength Beer/Lager	1.5 Units
1 Pint Export Strength Beer	2.5 Units
1 Can Export Strength Beer	2 Units
½ Pint Strong Ale/Lager	2 Units
1 Can Strong Ale/Lager	3.5 Units
1 Pint Strong Ale/Lager	4 Units
½ Pint Extra Strength Lager	2.5 Units
1 Pint Extra Strength Lager	5 Units
1 Can Extra Strength Lager	4.5 Units

Spirits

1 Standard (Pub) Measure	1 Unit
1 Bottle	30 Units

Wine

1 Standard Glass (125 cl.)	1 Unit
1 Bottle	6 Units
1 Litre Bottle	8 Units

Fortified Wine (Sherry, etc.)

1 Sherry Glass	1 Unit
1 Bottle	14 Units

SOME BEERS AND LAGERS ARE EXTREMELY STRONG

There is more alcohol in 7 cans of Special Brew or Tennents Super than in a bottle of whisky.

DRINKING DIARY

The aim of keeping this record is to help you and your counsellor together to develop a better understanding of your drinking and any associated problems.

The diary is yours. Any information gleaned from it will be treated as strictly confidential.

Try to complete it either immediately after or as soon as possible after each drinking occasion. If you aren't sure about any of the headings please ask your counsellor who will be pleased to help.

DRINK DIARY

	Time	Number of drinks taken each session	Type of drink	Others present	Where drinking done	Comments: e.g., effects; incidents; feelings before, during, after drinking
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						