

## My Motivation to Change

<input checked="" type="checkbox"/>			
1	<b>Step 1: I like drinking alcohol because:</b> <i>(e.g. I feel good; I am more fun to be around; I am happy when I drink.)</i>	2	<b>Step 2: Bad things happen as a result of my drinking, such as:</b> <i>(e.g. My son told me that my behaviour when I drink embarrasses him.)</i>
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3	<b>Step 3: I think quitting drinking alcohol would be hard because:</b> <i>(e.g. All my mates drink; I like drinking.)</i>	4	<b>Step 4: My life will be better in many ways if I stop drinking because:</b> <i>(e.g. I will keep my job; My son and I can have a better relationship.)</i>
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<input type="checkbox"/>	<b>My main reasons to change my drinking:</b>		
<input type="checkbox"/>	1 _____		
<input type="checkbox"/>	2 _____		
<input type="checkbox"/>	3 _____		



Which of these events have been the main sources of tension, stress and anxiety for you throughout your life?

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