

It's not possible to avoid all high-risk situations or to block internal triggers, so you'll need a range of strategies to handle urges to drink. Here are some options:

- Store notes in your mobile phone as short text messages or notepad entries that you can retrieve when an urge hits. Remind yourself of your reasons for making a change. Challenge the thought that drives the urge. Give yourself positive encouragement.
- Set up calendar alerts that deliver reminders when you choose, such as a few hours before you usually go out.
- Create passwords that are motivating phrases in code, which you'll reinforce each time you log in, such as "1Day@aTime" "1stThings1st!" or "0Pain=0Gain"
- Talk it through with someone you trust.
- Ride it out without giving in. Instead of fighting an urge, accept it as normal and temporary. As you ride it out, keep in mind that it will soon crest like an ocean wave and pass.
- Know your "no." Have a polite, convincing "no, thanks" ready for when you're offered a drink. The faster you can say no to these offers, the less likely you are to give in. Look directly at the person and make eye contact. Keep your response short, clear, and simple.
- Broken Record. If someone is pressuring you to drink, you can try the "broken record" strategy. Each time the person makes a statement, simply repeat the same short, clear response. You might want to acknowledge some part of the person's points ("I hear you...") and then go back to your broken-record reply ("...but no thanks"). And if words fail, you can walk away.
- Plan an escape route in case temptation gets too great.