

THE AUDIT

Your drinking log — the starting point before anything changes.

Name: _____

Week commencing: _____

Before we change anything, we need to see it clearly. For the next 7 days, log every single drink — not to judge it, just to see it. Real time, not end of day. Memory edits itself; the moment doesn't. This is a psychological audit, not a diary. We're looking for the pattern behind the pour: what's happening in your head before, during and after.

DATE / TIME	DRINK & AMOUNT	BEFORE (headspace)	DURING (what was happening)	AFTER (headspace)	TRIGGER (code)	URGE 0–10

Urge scale: 0 = no pull at all · 5 = noticeable, resistible · 10 = overwhelming, felt out of control
Trigger codes: ST Stress · SO Social · HA Habit/Routine · RW Reward/Treat · BO Boredom · CE Celebration · CO Conflict · OT Other

- Three rules for this log:
1. Log it in the moment, or as close to it as you can.
 2. Every drink counts — the quiet glass at home as much as the big night out.
 3. No judgement, no editing. This is the most honest document you'll write this week.

Weekly snapshot

Drinking days: ____ / 7

Drink-free days: ____ / 7

Avg. urge: ____ / 10

One pattern I'm already noticing:

Any other info to note: