

## SOME FIRST STEPS

- Know the volume 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.  
(<http://www.moderation.org/abstar/>)
- Stop drinking for 30 days.
- Clarify your motivation to change.
- Become aware of your triggers to drink.

## Suggested Readings

Rotgers, F., Kern, M. and R. Hoeltzel. 2002.  
*Responsible Drinking, A Moderation Management Approach for Problem Drinkers.*  
Oakland, CA: New Harbinger Publications.

Prochaska, J., Norcross, J., & C Diclemente. 1994.  
*Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward*  
New York: Avon Books.

Miller, W., and R. Munoz. 1990.  
*How to Control Your Drinking.*  
Albuquerque: University of New Mexico Press.

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## IS MM FOR EVERY PROBLEM DRINKER?

MM is often viewed as a non-threatening first step in addressing a drinking problem. MM encourages each individual to examine why they abuse alcohol, and make changes accordingly.

If a healthy level of consumption cannot be reached using this program, choosing abstinence becomes a more realistic goal. MM supports both moderation and abstinence.

## HOW TO ACCESS THE MM PROGRAM

The MM program is available online ([www.moderation.org](http://www.moderation.org)) and in United States and International face-to-face support groups. 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 Moderation Management Forum
- An email Listserv
- \*Abstar\* online drink counting tool
- Chat rooms
- Keeper posts and testimonial stories
- Directory of moderation-friendly therapists
- Contact information for local support groups
- Telephone and online meetings
- A full FAQ explaining our program
- Suggested readings

### 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 Network Inc.** is a 501(c)3 non-profit corporation. Programs are free to all.

Please support us. Send donations to:

**Moderation Management™**

P.O. Box 410703  
St. Louis, MO 63141



Donations may also be made via Paypal on our **[www.moderation.org](http://www.moderation.org)** website.

Email: [mm@moderation.org](mailto:mm@moderation.org)

Website: <http://www.moderation.org>



Worried  
about  
your  
Drinking?

**[www.moderation.org](http://www.moderation.org)**

## Why is “Moderation Management” Needed?

Large numbers of people with alcohol-related problems are unable to find appropriate support. A recent National Institute on Alcohol Abuse and Alcoholism (NIAAA) study<sup>[1]</sup> showed alcohol use disorder (AUD) affected nearly 14% of its large US adult sample. A recent Center for Disease Control study<sup>[2]</sup> showed 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 are allowed to select their own goals. MM 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; Risé B. Goldstein, PhD, MPH; Tulshi D. Saha, PhD; S. Patricia Chou, PhD; Jeeseun 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.

2.) Esser MB, Hedden SL, Kanny D, Brewer RD, Gfroerer JC, Naimi TS. Prevalence of Alcohol Dependence Among US Adult Drinkers, 2009–2011. *Prev Chronic Dis* 2014;11:140329.

Knowledge  
Self-Management  
Balance  
Moderation  
Responsibility

## ASSUMPTIONS 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 the 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.