

Alcohol Misuse Service

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addiction recovery agency
treatment, support, recovery

Alcohol Misuse Service

**Information
Leaflet Number**

5

**Drinker's
Diary**

How much do I really drink?

You have been given this drinkers diary to complete in order to build up a picture of your drinking over a two week period.

Using the 'unit of alcohol' examples on the right, please complete it as thoroughly as you can.

Now look at the total figure for each day

Remember that many of the short term risks have to do with drinking enough to make you more accident prone. Even if you don't feel drunk, your behaviour can be changed just by a few drinks. You may be more fun to be with, but you're also a lot more likely to have an accident. Your reaction time will be slower and your judgement will be less sure, even though you may think the opposite is true. If you're driving, even one pint of beer increases the chance of having an accident. Also accidents can happen at home or at work, as well as on the roads.

Why are women more affected by drink than men?

One of the reasons is the water content of the body. In men, between 55 and 65 per cent of the body weight is made up of water. In women, between 45 and 55 per cent is made up of water. Alcohol is distributed through the body fluids, so, in men, the alcohol is more 'diluted' than it is in women.

Also, a woman's liver is more likely to suffer alcohol damage than a man's.