

GUIDELINES FOR SUCCESS

In over 20 years of working with individuals who have restored their lives, we have developed a list of guidelines that have proved most useful and consistent among successful people:

- Have clear guidelines and markers as to when to apply more focus on your health.
- Explore ways to enjoy yourself and relax without alcohol.
- Prepare yourself prior to any event where a lot of people might be drinking.
- At least weekly, meet with family or friends following the program guidelines.
- Determine your goal...abstinence or an occasional drink.
- Know the difference between drinking all you want and having control, if you decide to still drink occasionally.
- Keep in mind the average moderate drinker has less than 6 drinks a week.
- Once your body is in balance, you are responsible for negative behavior.
- Be committed to maintaining a healthy body.
- Use the Client Self-Evaluation.
- Drink no longer than 60 – 90 minutes on any occasion.
- Do drink no faster than one drink per half hour.
- Always eat before or during drinking. Never drink without food.
- Educate family and friends about your new understanding.
- Be aware if you drink more than two or three days a week.
- Only have three drinks in a single day no matter how far apart.
- Feel comfortable with your use of alcohol, if that is your decision.
- If you find yourself having to control your alcohol increase awareness of our guidelines.
- Never drink and drive.

CETF GRADUATE'S GUIDELINES FOR SUCCESS

Our graduates have offered guidelines which they feel contributed to their success. Here are some of their suggestions:

- Consider an occasional alcoholic beverage to be a reasonable part of life.
- Determine your goal with the program...abstinence or an occasional drink?
- Drink no longer than 60 – 90 minutes on any occasion.
- Do drink no faster than one drink per half hour.
- Always eat before or during drinking. Never drink without food.
- Educate family and friends about your new understanding.

- Be aware if you drink more than two or three days a week.
- Only have two drinks in a single day no matter how far apart.
- Feel comfortable with your use of alcohol.
- Never drink and drive.
- Have clear guidelines and markers as to when and if you need to apply more focus.
- Explore ways to enjoy yourself and relax without alcohol.
- At least weekly, meet with family or friends following the program guidelines.
- Know the difference between drinking all you want and having to control.
- Keep in mind the average moderate drinker has less than 6 drinks a week.
- Once your body is in balance, you are responsible for negative behavior.
- Be committed to maintaining a healthy body.
- Use the Client Self-Evaluation.