**Low-risk drinking limits:**

<table>
<thead>
<tr>
<th>Category</th>
<th>Drinks per week</th>
<th>Drinks per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>14</td>
<td>4</td>
</tr>
<tr>
<td>Women</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>All ages &gt;65</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**Categories of patient drinking:**

- **Severe:** 5%
- **Harmful:** 8%
- **Risky:** 9%
- **Low risk or Abstain:** 78%

**Readiness ruler:**

Not at all 0 1 2 3 4 5 6 7 8 9 10 Very

**Raise the subject**

“Thanks for filling out this form – is it okay if we briefly talk about your substance use? . . . “Just so you know, my role is to help you assess the risks so you can make your own decisions. I want to help you improve your quality of life on your own timeline.” . . . “What can you tell me about your substance use?”

**Share information**

Explain any association between the patient’s use and their health complaint, then ask, “Do you think your use has anything to do with your [anxiety, insomnia, STD, etc.]?” . . . Share information about general risks of use and/or low-risk limits of alcohol use. . . Ask the patient: “What do you think of this information?”

**Enhance motivation**

Ask pt about perceived pros and cons of their use, then summarize. . . . “Where do you want to go from here in terms of your use? What’s your goal, or vision?” . . . Gauge patient’s readiness/confidence to reach their goal. If using Readiness Ruler: “Why do did you pick ___ instead of ____ [lower number]?”

**Identify plan**

If patient is ready, ask: “What steps do you think you can take to reach your goal?” . . . Affirm the patient’s readiness/confidence to meet their goal and affirm their plan. . . . “Can we schedule an appointment to check in and see how your plan is going?”