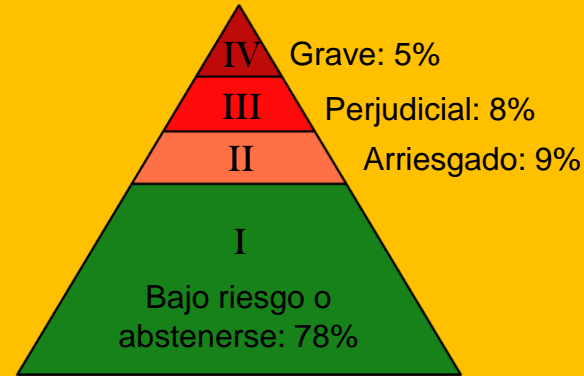


### Bajos límites de riesgo de consumo de alcohol

	bebidas por semana	bebidas al día
Hombres	14	4
Mujeres	7	3
Mayores de 65	7	3
Embarazo	0	0

### Categorías de la bebida



### Regla de Preparación:



#### 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?”