

Strategies for the Experience That You Choose



Choose a drinking limit before “going out.”

Choose your limits ahead of time to get the experience you want. It is harder to set limits after drinking has begun and in the presence of social pressure.



Count and keep track of your drinks.

Counting and keeping track keeps you from going over the limits you chose for yourself.



Space your drinks.

Deciding in advance how much time to space between drinks allows for more control over the experience you choose to have with drinking.



Alternate between alcoholic and non-alcoholic drinks.

This is a nice way to space your alcohol drinks, stay hydrated, and possibly avoid a hangover. Drink water or other non-alcoholic drinks throughout your experience.



Pass up drinking games.

These games are often about how fast you can drink. It is harder to count and keep track. It can also lead to a quick rise in blood alcohol level.



Know what is in your cup.

Drinking from a common container means that you will not know how many standard drinks you have had.



Keep track of your cup.

Drinking from other cups or letting others fill your cup makes it difficult to know exactly what you are drinking.