

<b>Help The Patient Set Goal: Stop Drinking</b>		
<b>Who said?</b>	<b>What did they say?</b>	<b>Key Learning Points</b>
Counsellor	Can you tell me some of the advantages that you see if you continue drinking?	
Patient	I can't think of actually many advantages, but I do get pleasure while drinking. But I also see that it causes a lot of problems, as we discussed earlier.	
Counsellor	Ok. So it's good to know that you are aware of both. You're aware of the fact that drinking gives you pleasure, and as well as that it gives you... that you face a lot of problems in relation to that. Can you tell me a bit more about these problems that you face due to drinking?	
Patient	Actually, there are a lot of problems. I could list them, and I'm very tired of them actually. I often quarrel with my wife, and because I spend a lot of money on drinking, I have very less money then remaining to do my household expenses. Then, when I drink heavily some days, that time I get very bad hangovers and next morning I don't feel like getting up and going to work. And I often feel that I might lose my job someday and my family might have to suffer.	
Counsellor	Ok, so it seems like you have a lot of problems that you experience due to drinking	
Patient	Yes, indeed.	
Counsellor	So let's bring all this together. So you've told me that drinking gives you pleasure sometimes and that seems to be the only advantage. On the other hand, because of drinking you're saying that you have more quarrels with your wife at home, you do not have enough money to spend on your household expenses and also that you have problems at the workplace. Am I right?	<ul style="list-style-type: none"> <li>• Summarising</li> <li>• Evoking Change Talk</li> </ul>
Patient	Yes.	
Counsellor	Ok. Considering that drinking does more harm than good to you, do you think you want to do something about it?	
Patient	I feel... I feel it's time to make a change before it gets any worse. I don't want to continue with this mess.	
Counsellor	It's nice to see that you're keen on making a change. How do you think you would go about making that change?	Affirmation and asking about goals
Patient	I think I should just stop drinking because now I've realised that is it the sole reason for all my problems.	
Counsellor	Ok, that's definitely a possible thing to do and aim for, and a lot of people opt for that as well, but before we go ahead and decide about that, why don't we talk about it a bit more. So a lot of people tell me that	Clarifying possible alternative goals

	because drinking gives them so much pleasure, they [would] rather continue to drink rather than stopping drinking completely and to instead stop all the bad things that happen to them. What do you think about that?	
Patient	I don't know. It sounds really good to stop all the bad things and only have the good things, but how easy is it to do that?	
Counsellor	I think that's a good question. Some people do it quite well, while others tell me that they find it more difficult than simply stopping. They tell me that if they completely stop to drink, then they at least know what they're doing, and for people who try to cut down or control their drinking; sometimes it happens that as soon as they start drinking, their good intentions fly away!	<ul style="list-style-type: none"> <li>• Providing accurate and relevant information</li> <li>• Encouraging the patient to consider various goals</li> </ul>
Patient	Yes. I think that makes sense, and knowing me, I think that I should just stop because if I try to control, I'll... soon I'll get back to again to my bad habits.	
Counsellor	Ok great, so let's work with this decision and remember that you can always come back and talk about it and if you would want we could also speak about how to control your drinking. So can you tell me how and when will you start on your plan?	<ul style="list-style-type: none"> <li>• Supporting the patient's decision</li> <li>• Setting goals in collaboration</li> <li>• Reminding that he can change his mind</li> </ul>
Patient	I was thinking I should stop as soon as possible, hopefully by this weekend.	
Counsellor	Ok, and that sounds like an excellent plan to me. And how confident do you think you are in doing that?	Asking for confidence and commitment
Patient	I think at least 70 per cent confident.	
Counsellor	Great. It's nice to know that you're 70 per cent confident in implementing this plan. Later we'll talk about the 30 per cent that's remaining and how to increase your confidence as well.	
Patient	Ok. Thank you.	
Counsellor	Ok.	