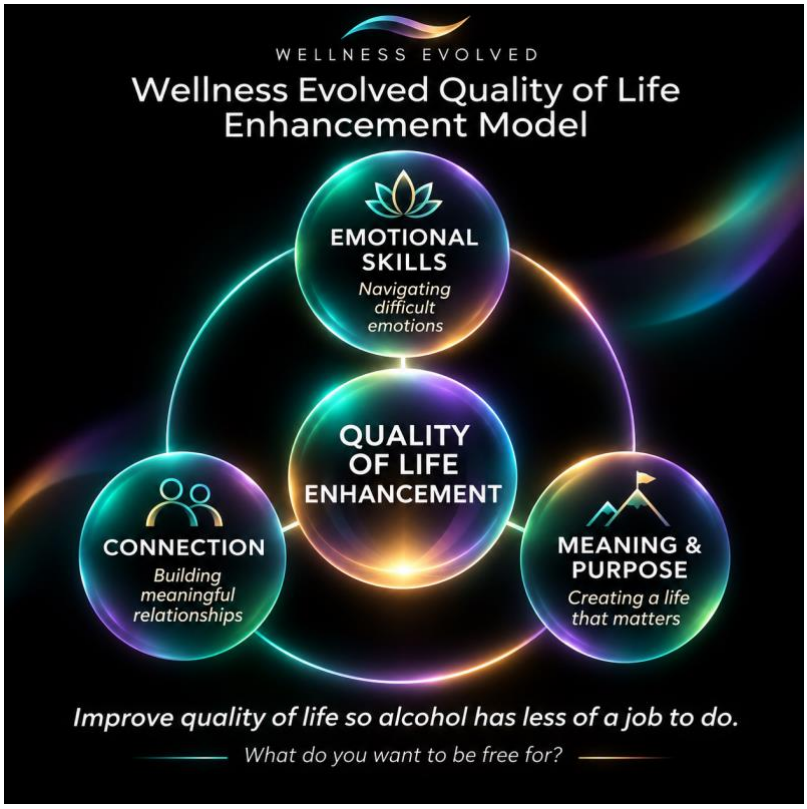


CURIOUS AF DRINKING TRACKER

Notice more. Judge less. Change what matters.

What if you got curious instead of critical?

Most drinking trackers focus on how much you drink. That's useful information, but it only tells part of the story. I'm just as interested in why you drink, what you enjoy about it, what needs it's meeting and whether those needs could be met in other ways.

The point isn't to prove you have a problem or pressure yourself into sobriety. It's to understand your relationship with alcohol and explore whether your quality of life could be better. Think of this as an experiment, not a test. There are no grades, and you don't get extra points for beating yourself up.

You can't change a pattern you haven't learned to recognize. And recognizing the pattern is already progress.

Safety first

If you may be physically dependent on alcohol, speak with a physician before substantially cutting back or stopping. Shaking, sweating, vomiting or significant anxiety after cutting back warrant prompt medical advice. Severe confusion, hallucinations or seizures require emergency care (911). Counselling and medical support can happen alongside each other.

HOW TO USE THIS TRACKER

You are collecting information about your life, not building a case against yourself.

01 Track your drinking

Record your drinking every day for at least two weeks. Ideally, keep tracking beyond that. Notice how much you drink, when, who you're with and what you hope alcohol will do for you. Include alcohol-free days, too. Be accurate, but don't judge what you find.

02 PAWS — Point at What Sucks

When you notice the urge to drink, get curious about what's happening in your life. Pay particular attention to emotions (what feels hard to handle?), connection (are you lonely or disconnected?) and meaning and purpose (what makes life feel worthwhile?). Sometimes alcohol is simply enjoyable; other times it's doing a job something else isn't doing very well. You don't need to fix anything in the moment. Notice what matters.

03 Try zebra striping

No two alcoholic drinks in a row without a glass of water or another non-alcoholic drink in between. The pause may help you slow down and make the next drink a choice rather than an automatic response. Water does not cancel out alcohol's effects or make heavy drinking safe.

04 Look for a 1% improvement

If drinking helps you unwind, could you try five minutes of another way to relax? If you're feeling disconnected, could you reach out to someone? If life feels flat, what's one small thing worth doing? You're not trying to build a perfect life. Just a little more of the life you want.

05 Celebrate awareness

Even if you drink exactly as much as usual, noticing a pattern you hadn't recognized before is a win. There's no failure if there's learning. Keep gathering information. Notice what helps. Adjust as you go. Rinse and repeat.

Know what you are counting

One Canadian standard drink contains about 13.45 g of pure alcohol. Larger pours and stronger beverages can count as more than one standard drink.

Beer / cider (5%)	Wine (12%)	Spirits (40%)
341 mL · 12 oz	142 mL · 5 oz	43 mL · 1.5 oz

Alcohol-related health risks rise with consumption, even when drinking is not causing obvious problems. Reducing how much you drink can lower those risks. Canada's Guidance on Alcohol and Health

WEEK 1 — GET CURIOUS

No pressure to change anything yet. Just notice what is happening.

Week of: _____

Day / date	Standard drinks	When / with whom?	What was I looking for?	Feelings / needs	Zebra striping?	What did I notice?
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Weekly total: _____ standard drinks Alcohol-free days: _____

One pattern I noticed: _____

WEEK 2 — KEEP NOTICING

Patterns become clearer with practice. Keep collecting information.

Week of: _____

Day / date	Standard drinks	When / with whom?	What was I looking for?	Feelings / needs	Zebra striping?	What did I notice?
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Weekly total: _____ standard drinks Alcohol-free days: _____

One pattern I noticed: _____

THE CURIOUS AF WEEKLY REVIEW

PAWS — Point at What Sucks

Take a few minutes to look back. This isn't about finding everything wrong with your life. It's about noticing what alcohol has been doing for you and where something could get a little better.

01 What did alcohol give me?

Pleasure, relaxation, confidence, connection, relief — anything you genuinely enjoyed.

02 What did it cost me?

Sleep, mood, energy, health, relationships, money or time.

03 What patterns am I beginning to recognize?

Feelings, situations, people or times when drinking becomes more appealing.

04 PAWS: What might I need more of?

Emotional skills, connection with others, meaning or purpose.

05 What is one 1% experiment for next week?

Choose one small, realistic way to better meet a need.

06 What did I learn that I can celebrate?

You don't have to change your drinking to answer this one.

Remember: The point isn't simply to drink less. It's to understand yourself better and build the skills for a more fulfilling life. Improve your quality of life so alcohol has less of a job to do.

What do you want to be free for?

This resource provides general education and self-reflection, not diagnosis or individualized medical advice.