



M O D E R 8
BALANCE FOR A BETTER LIFE

Plan for Identifying and Dealing with Drinking Triggers

(1) Take 1-2 MODER8® capsules

(2) Identify trigger and follow plan below:

Identified "Button" or Trigger	Is there anything I can do about it?	How do I deal with it?
Example: "I like to drink wine or a cold beer while I cook."	Example: Definitely	Example: Instead of drinking an alcoholic beverage, I can sip on something else that I find pleasurable - in summer I like an icy cold diet soda or even water! In the winter I like to sip on a cup of coffee or hot herb tea.
Example: "It kills me that my children have to go stay with my jerk of an ex-husband every other weekend!"	Example: Unfortunately, not really.	Example: I have to keep my mind busy on things I enjoy, like spending time with my new husband, reading a really good book, working on home improvement projects or doing the things that I can't really do when the children are home - like going to an expensive, fancy restaurant or R-rated movie.