
THE STEPS OF MM

1. Attend meetings* and learn about the program of Moderation Management.
2. Abstain from alcoholic beverages for 30 days, and complete steps three through six during this time.
3. Examine how drinking has affected your life.
4. Write down your life priorities.
5. Take a look at how much, how often, and under what circumstances you used to drink.
6. Learn the MM guidelines and limits for moderate drinking. (This detailed information is provided at meetings and in MM literature.)
7. Set moderate drinking limits and start weekly “small steps” toward balance and moderation in other areas of your life.
8. Review your progress and update your goals.
9. Continue to make positive lifestyle changes, attend meetings for ongoing support, and help newcomers.

*For those who do not want to go to a support group, this program may be followed without attending meetings.

For the following information...

- Your nearest MM group and national list of professional counselors
- How to subscribe to our national online MM meetings
- Suggested reading list for the layperson and professional
- How to start an MM group (professionals are also invited to help coordinate new groups)
- How you can make a donation to MM

...visit our Web site: www.moderation.org

A detailed description of our program can be found in Audrey Kishline's book:

Moderate Drinking:

The Moderation Management Guide for People Who Want to Reduce Their Drinking

Available at bookstores and online through the MM web site.

MODERATION MANAGEMENT

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MODERATION MANAGEMENT

A national self-help network for people who have made the healthy decision to reduce their drinking.

WHAT IS MODERATION MANAGEMENT?

MM is a national self-help network for people who have made the healthy decision to reduce their drinking. The main purpose of MM is to help people reduce their drinking to a level which no longer causes life problems. This could be a reduced level of alcohol consumption, or total abstinence. MM supports an individual's right to address his or her drinking in a self-chosen, appropriate manner, whether through moderation or abstinence.

WHAT DOES MM OFFER?

- A supportive environment where members are encouraged to cut back or quit drinking before they experience serious health or personal problems.
- A professionally reviewed program with information about alcohol, moderate drinking guidelines and limits, drink monitoring techniques, and self-management strategies. Members use the nine-step program to find balance and moderation in many areas of their lives, one small step at a time.
- Books, handouts and charts help members track their progress and learn more about moderation.

IS MM FOR EVERY PERSON WITH A DRINKING PROBLEM?

No. MM is not for alcoholics, chronic drinkers, or those who experience significant withdrawal symptoms when they stop drinking. MM is also not intended for former dependent drinkers who are now abstaining. Chronic drinkers should consider contacting an abstinence-based support group. MM is intended for problem drinkers who have experienced mild to moderate levels of alcohol-related problems.

Is moderation a reasonable option for you?

This is your decision, but it should be an informed one. To be successful at moderation or at abstinence requires effort and a commitment to change. You should take into account the severity of your problems with drinking, your personal preference, and any medical, psychological, or other condition which could be made worse by drinking (even in moderation). If you are unsure, seek professional guidance. MM does not offer professional assessment or treatment.

What if moderation doesn't work for you?

After completing 30 days of abstinence—step two of MM's nine steps—and then starting the moderation part of the program, you may discover that it is more difficult for you to reduce your drinking than simply to abstain. MM fully supports an abstinence goal, and many members choosing abstinence remain in our program. Others find an abstinence-only group to attend.

KEY POINTS:

- Behaviors can be changed. Many professionals and researchers in the field recognize that alcohol abuse (as opposed to dependence) is a learned behavior, a habit, for many problem drinkers—not a disease.
- Problem drinkers should be offered a choice of goals and support groups.
- Moderation is a reasonable and attainable goal for many beginning problem drinkers.
- There are four times as many problem drinkers as alcoholics in the US, yet few programs that specifically address their needs. Nine out of ten problem drinkers do not seek help from traditional programs. MM believes that this public health issue can and should be addressed through early intervention and harm reduction.
- MM members take responsibility for their own actions. There are no labels and no messages of “powerlessness” in MM — and no excuses. Together, members work to improve their self-management skills in order to realize their full potential as worthwhile, unique, and independent adults.