

**Health Behavior Diary**  
**Selected Behavior: Drinking**

**Statement of Intent**

Freedom is an understatement when you're living at college. Alcohol is everywhere and extremely easy to get your hands on. College is all about partying and included in partying is alcohol and drinking. Every day in college is an excuse to drink, and students have even come up with the seven days of drinking, "Messed – Up Monday, Trashed Tuesday, Wasted Wednesday, Thirsty Thursday, F\*\*\*ed Up Friday, S\*it Faced Saturday, and Funday Sunday". I had my first sip of alcohol when I was 17 years old, which was actually only a year ago. A group of my friends threw a party and peer pressured me into drinking. Ever since that day I have loved to drink. Coming into college my drinking progressively got worse and worse. Alcohol was so much easier to get my hands on and I didn't have any supervision, therefore having my own freedom. Soon I realized that drinking had become a major habit. Although I didn't drink everyday of the week the days that I had decided to drink, I drank a lot and drank to get drunk. I would wake up and not remember anything I had done the night before.

Therefore, for my Health Behavior Diary I chose that my Health Behavior that I was going to change was drinking. It has become too much of a habit for me, and I know that if I don't try to change my drinking habits now I could seriously end up with serious health issues, including alcoholism since it does run in my family. This week I'm going to work hard to abstain from picking up an alcoholic beverage and drinking it.

## One-week Daily Log

Day 1	Sunday	Date: 02/07/2010
<p>Today is the first day I am recording my Health Behavior Change. Sunday's are usually easy days to avoid and abstain from alcohol and resist drinking because liquor stores are closed. Today was different than all other Sunday's because it is Super Bowl Sunday. Today is that day that everyone chills out with their friends with their Buffalo wings, chips and salsa, and a few beers to watch and enjoy the game and of course the funny commercials. I couldn't help but give in and crack open three beers while I watched the game with my best friend Karen, and a bunch of our guy friends. Although I know I should have avoided drinking altogether I did not drink as much as I had originally thought I was going to. After the game, my friends and I went next door, and they decided they wanted to play Kings, which is a very popular drinking game. Since today was the day I decided to start my One – Week Daily Log, I didn't participate, therefore limiting myself to only those three beers I had during the game. I promised myself that today would be the only day out of this week that I would give into temptation because I was determined to reach my goal to abstain from drinking.</p>		
Day 2	Monday	Date: 02/08/2010
<p>Today was a pretty boring day. Since I didn't drink as much as I thought I was going to last night during the game I actually got a good night's sleep last night and woke up this morning awake and not extremely tired. Today was particularly easy to abstain from using alcohol because I had class from 10:10 to 3:15pm. After I got out of class I grabbed a bite to eat and headed back to my Dorm Room to do my Anatomy and English homework. I finished my homework around 6:00pm, and decided to go grab my</p>		

boyfriend some dinner and bring it to him at work, where I ended up staying until a little after 7:30pm. After I left my boyfriend's job, I once again headed back to my Dorm Room, and watched my favorite show The Secret Life of the American Teenager from 8:00pm to 9:00pm. Since I wasn't tired after 9 I decided to head upstairs for a couple hours to hang out with a couple of friends watching a movie. Today was an easy day to avoid using alcohol because there were other things I wanted to get done and also because none of my friends decided to drink today.

<b>Day 3</b>	<b>Tuesday</b>	<b>Date: 02/09/2010</b>
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Today was another easy day in trying to reach my goal to abstain from drinking. My classes start later in the day and I made my schedule so on Tuesdays and Thursdays I have back to back to back classes. I start the day at 12:25pm and end my day of classes at 4:30pm. So today, I had plenty of time to sleep in. After class a group of my close friends and I went to Conn Hall to eat. Since my boyfriend works a lot and our schedules seem to clash, Tuesday is the only day where we both are done with work and class at the same time, so today after dinner we both spent the rest of the night together. We watched Twilight and fell asleep, so thanks to him he made today easier to abstain from using alcohol.

<b>Day 4</b>	<b>Wednesday</b>	<b>Date: 02/10/2010</b>
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“Wasted Wednesday”. Today was definitely more difficult to avoid using alcohol. After a group of my friends and I ate dinner, they decided to go on a “packy” run. They asked me to go and practically begged me to come along. I knew I had to build up the strength to say no and deny them of their offer to go. I knew that if I didn't say no I would have spent money and bought myself a handle of Burnett's for the evening ahead. Once they

left for the liquor store I received text after text asking me what I wanted and I repeated with the same response, I don't want anything, I'm not going to be drinking tonight. Of course my friends couldn't stop at that so they returned from their "packy" run and had even bought me a handle of Burnett's just in case I changed my mind. I was determined and I didn't change my mind. Tonight we all got ready and headed over to our friend's apartment over in Wintergreen for a party. This party was either going to make me or break me because I knew that there was going to be plenty of alcohol, and indeed there was. After being at the party for an hour and avoiding alcohol altogether, I realized that I didn't need to drink to have fun. I also noticed a bunch of my drunk friends and learned how stupid and embarrassed I was of myself when I drank. At the end of the night I didn't have one sip of alcohol, and I actually feel great about myself and I think I can finish out the week without having one sip of an alcoholic beverage.

<b>Day 5</b>	<b>Thursday</b>	<b>Date: 02/11/2010</b>
<p>"Thirsty Thursday". Today is usually the biggest drinking and partying day of the week for me, but this Thursday is different. Today is actually my boyfriend's and I 4-month anniversary. After class got out at 4:30pm I rushed back to Neff, took a shower and got ready. My boyfriend had told me that tonight we were going out to dinner. Once I was all ready to go we left campus and he told me that instead of going out to the club to spend money on alcohol he wanted to have a romantic night just the two of us. He took me to Ninety Nine, which is my favorite restaurant and after dinner, we headed back to Neff and enjoyed the rest of the night together. Tonight was a lot of fun and it felt really good to enjoy it with him without drinking.</p>		

<b>Day 6</b>	<b>Friday</b>	<b>Date: 02/12/2010</b>
<p>Today I decided that I was going to go home for the weekend. I haven't been home since winter break ended and my laundry was really accumulating. I also decided to go home this weekend because one of my best friends from high school was coming home from Marine Boot Camp and I really wanted to see him before he left again. Once I got home I threw in some laundry and got ready. A group of my old high school friends had decided to celebrate my friend's coming home, and they threw a "rager". When I got to the party it was difficult to stay away from the alcohol, but I managed to do it. A couple of my friends noticed that I hadn't been drinking that night and they asked me about it and, of course, laughed at me for it. This was difficult for me because it was this group of friends that had peer pressured me to start drinking in the first place, but tonight I stayed strong and didn't allow them to peer pressure me into drinking.</p>		
<b>Day 7</b>	<b>Saturday</b>	<b>Date: 02/13/2010</b>
<p>Today is the last day and the last entry to my One-Week Daily log of my Health Behavior Diary. Today was another boring day because I woke up at 9:30am to babysit three young girls until 11:00pm. By the time I got home tonight I was exhausted and just passed out and fell asleep. I didn't have the urge to drink nor the temptation, but I feel confident in myself that if I was offered any or had any kind of temptation I would turn it down.</p>		

## Evaluate Your Health Behavior Change Experience

Q	Statement	Disagree ← → Agree				
		1	2	3	4	5
1	Being a required assignment help making the change easier	1	2	3	4	5
2	Maintaining the change got easier as time went on	1	2	3	4	5
3	Maintaining the change got harder as time went on	1	2	3	4	5
4	I had to make changes in my life to maintain the behavior change	1	2	3	4	5
5	I wasn't sure if I could maintain the change for a whole week	1	2	3	4	5
6	I was confident, as the week went on, that I can maintain the change	1	2	3	4	5
7	After making and maintaining the change for one week I know I can make this a permanent change	1	2	3	4	5
8	The change will be beneficial for my health in the long run	1	2	3	4	5
9	Based on my experience with this behavior change I know I can make other changes in my life to improve my health	1	2	3	4	5

## What Did You Learn From This Experience?

A major concern in college campuses across the nation is alcohol abuse. I have found myself drinking more and more as the college semester goes on, and I knew that I had to change this habit. For my Health Behavior Diary I chose to change my habits of drinking. I chose to abstain from drinking alcoholic beverages in order to increase my health and decrease my risk of having health issues including alcoholism, which runs in my family. I personally thought that other than the first day of the week (Sunday), I was very successful in abstaining from drinking alcohol. I did have a very busy week and didn't really have the time to drink, but I still said no when temptation arose and only broke down the first day to have a few beers while watching the Super Bowl. In refusing to drink, I faced a serious and important challenge, my friends. My

friends were consistently trying to peer pressure me into drinking in order to have fun and they weren't really respecting my decision to change this unhealthy habit. I found that my will-power and desire to make this change is what motivated me. Another important motivation factor was the fact that this Health Behavior Diary was a required assignment and I want to receive a good grade on it, so I worked hard in order to hopefully achieve that goal. I learned many different things about myself by changing this behavior. I learned that I waste a lot of money buying alcohol, money that I could save to hopefully buy a new car in the summer. I also watched a bunch of my friends get drunk and learned that I am completely embarrassed of how stupid I act and how stupid I look when I get drunk, and that is not something I want. The most important thing I learned is that due to drinking I lose a lot of sleep, and I realized this week that I was waking up feeling enthusiastic and ready for the day and didn't feel a little bit tired because I was getting a good night's sleep. Changing your habits is always hard to do, and especially being in the college "partying" environment I thought this behavior change was definitely hard. I had to suffer through peer pressure, and even at one point got laughed at and made fun of for not drinking. I honestly don't know that right now I could make the change permanently. I would be lying if I were to say that I would never drink again, but I do know that I am going to cut back on the amount I drink significantly.

### **Rate Your Future Success With Your Health Behavior Change**

40%

**Extra – Credit Two – Week Continuation  
Health Behavior Diary  
Selected Behavior: Drinking**

**Statement of Intent**

Last week I completed my Health Diary and have now decided to continue my health behavior change for another two weeks. I am at least going to give it a try. I chose to continue to give up drinking because one main reason is that it is illegal and Southern Connecticut State University has actually come up with new alcohol rules. The entire campus is going to be a dry campus, meaning there will be no alcohol allowed on campus, even if you are over the age of 21. If you are caught the consequences are going to be extremely serious. These new rules and regulations are going to come into effect at the beginning of the Fall 2010 semester, so therefore I decided that through this health diary if I can actually give up drinking completely I won't have to worry about these serious consequences. I also love a challenge, and to me overcoming drinking is going to be a huge challenge and I am determined to work as hard as I can to achieve it, maybe even possibly for the rest of my life. I also love the fact that if I can continue my diary I also gain 15 extra credit points, and, of course, I would love to keep my GPA up and get a good grade in this class so I wasn't going to pass up the opportunity to help my grade.

**Additional Two – Week Daily Log**

<b>Day 8</b>	<b>Sunday</b>	<b>Date: 02/14/2010</b>
I actually decided to continue my health diary and today is the first day of my two-week continuation. It is a Sunday, so therefore I cannot go out and buy alcohol anyway. I went home this weekend and today is Valentine's Day, but I am spending it with my boyfriend Tuesday. I stayed at my best friend's house and helped her and her family with her little		

brother's birthday party. I helped bake cookies, set up everything, and bake the cake. It was a busy day today and now I'm exhausted. I'm heading to bed and since I haven't had a sip of alcohol since last Sunday during the Super bowl, and I am determined to continue.

<b>Day 9</b>	<b>Monday</b>	<b>Date: 02/15/2010</b>
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Today we had no school due to a holiday, so instead I made sure all my homework was done, and carefully prepared my plans for my boyfriend and I's Valentine's Day Dinner. I chose what meal I was going to cook, and even bought some romantic flower petals and cut out hearts along with champagne glasses, flowers, and a white tablecloth with hearts all over it. Once I had all the plans figured out, my friend and I chose to relax today and watch a movie. She grabbed a Smirnoff Ice out of her fridge and asked if I wanted some. Even though it was only a casual drink, I told her no. She was shocked but I informed her of this health diary, and she was actually really proud of me for trying to better myself and my health.

<b>Day 10</b>	<b>Tuesday</b>	<b>Date: 02/16/2010</b>
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Today was my Valentine's Day. My boyfriend had went to Florida for the entire week and came back really late last night, so we weren't able to spend Valentine's Day together, so we both decided that tonight would be our night. It truly was. We had all the alone time in the world, and I set up my romantic dinner table with the flowers, the champagne classes, plates, napkins, and forks, also throwing the flower petals and cut out hearts all over to decorate the table and my dorm room. I dimmed the lights and even lit tiny candles to make it even more romantic. I spent hours cooking chicken parmesan and made a huge heart shaped cakes that I decorated with M&Ms. He loved it, and although I had brought Sparkling cider to put in the champagne glasses, since I chose not to drink

for my health behavior change, my boyfriend bought us a very expensive bottle of champagne and on this romantic night I really couldn't say no to him. I only had two glasses full, but I've convinced myself that this will be my only sip of any type of alcoholic beverage for the next two weeks.

**Day 11**

**Wednesday**

**Date: 02/17/2010**

Tonight I attended another party at the Wintergreen Apartments, but shockingly it was easy to avoid alcohol. After the last time I went to a party, and actually had a really good time not drinking I knew that I could do it again. I still played beer pong, but instead just drank water. I was able to have a good time and enjoy myself, and the best part was that I'm going to wake up feeling fine with no hangover and I'll be able to remember everything that happened last night.

**Day 12**

**Thursday**

**Date: 02/18/2010**

Today is Thursday, and of course it's the biggest day on campus to drink, well it would be with a name like Thirsty Thursday? A bunch of my friends went out to the club tonight and of course they all got trashed and had so much to drink. My best friend even spent over thirty dollars buying beer, drinks, and shots at the bar. I now see how much money I am truly saving on not buying alcohol, but also not spending money at the club to buy alcohol. It was extremely difficult to not go up to the bar and order anything though because, of course, bartenders make the best mixed drinks and you definitely feel messed up after a couple of them. I was able to do it though and even passed up a shot my friend's boyfriend had bought for me. I just stayed out on the dance floor, and even felt like a mother babysitting my friend. We didn't drive to the club, so we took a taxi home, but it felt nice knowing that if we did drive I was sober and I would have been able to drive us home safely.

<b>Day 13</b>	<b>Friday</b>	<b>Date: 02/19/2010</b>
<p>Fridays are another difficult day, and my crew of friends decided to go to Brownell to drink. I tagged along, but told myself that I have been doing well in avoiding alcohol and that I have to keep up my good work. Of course, the first thing I saw when I walked into the dorm at Brownell was a beer pong game and flip cup table. I absolutely love flip cup and I wanted so desperately to play, but I promised I wasn't going to so I didn't. The entire night was a party night playing beer pong, flip cup, and Kings. Honestly, it was such a hard night because since I wasn't drinking I felt left out and almost like out of the circle. I didn't have any fun, and I couldn't wait to leave. Although tonight was extremely difficult to avoid alcohol I stayed strong and didn't take a sip.</p>		
<b>Day 14</b>	<b>Saturday</b>	<b>Date: 02/20/2010</b>
<p>I woke up today really late, and it was just that kind of day to chill out and relax. Most of my friends were hung over, and I loved the fact that I wasn't. Since everyone was hung over no one wanted to leave their beds or their dorms, and no one wanted to be productive, so I sat in my dorm room doing homework, until we all decided to just relax and watch movies. I watched a couple movies with my roommates until we decided to go to bed. Overall today was boring, and nothing really productive happened. It was also an easy day to avoid alcohol and I actually felt good not drinking Friday night.</p>		
<b>Day 15</b>	<b>Sunday</b>	<b>Date: 02/21/2010</b>
<p>Sunday was an easy day because it's a day where everyone relaxes, gets all their work done and just hangs out. Obviously in Connecticut liquor stores are closed on Sundays so no one can go out and buy alcohol, therefore not many people drink. Since no one drinks on Sundays I didn't find it difficult to not drink at all. I spent all day doing my homework and studying for an anatomy test.</p>		
<b>Day 16</b>	<b>Monday</b>	<b>Date: 02/22/2010</b>

Today was a busy day for me because I spent a lot of time doing homework and met up with my group for our English project. I got out of our group meeting around 6 and decided to take a short nap until 7:30 pm and then go to the gym. The gym tired me out so once I got back to my dorm room I took a quick shower, laid down in bed and relaxed by watching television until I fell asleep.

**Day 17**

**Tuesday**

**Date: 02/23/2010**

Today I woke up at 10:30 am and took a shower, then went to my 12:25 pm class and went back – to – back – to – back classes, so I was finally done with classes at 4:30 pm. After class, a few of us decide to eat dinner, and hang out for a little while after that. Once we all parted I went back to my dorm and did all of my homework. I had a lot of English to do and it took me awhile. A few people on the 5<sup>th</sup> floor of my building decided to drink tonight, but most of us decided not to, including myself. Instead of joining them to drink we just hung out and watched some television and actually talked a lot. Tonight we all hung out in the common room until 1:00 am some of us doing homework, others listening to music, and others just hanging out. Tonight was fun without the drinking and partying, showing that college doesn't need the alcohol and drinking in order to have fun.

**Day 18**

**Wednesday**

**Date: 02/24/2010**

Today usually isn't a big drinking day, but the bar and restaurant re-opened again for anyone 18 years and older. The best thing about going to this bar is the 20-dollar pitcher of alcohol and blue PowerAde. It is a lot of alcohol and really gets you messed up. There is also a dance floor with a DJ. Of course, a bunch of my girls bought two pitchers of alcohol and I was so tempted to drink some especially because it tastes so good. Not going to lie I poured myself a cup, but I just stared at it and ended up giving it to my boyfriend to drink because I didn't want to break down and kill everything that I had

worked so hard to accomplish. Although tonight was the hardest night so far to not drink, I didn't and I feel really good about myself.

**Day 19**

**Thursday**

**Date: 02/25/2010**

Once again another Thursday, another huge college drinking day. I took the city bus downtown to the club, and only brought enough money to get into the club and enough money for a taxi ride back. I knew I was going to be tempted to buy alcohol, so in order to be sure I don't drink or buy any alcohol I didn't bring the money to. I still had so much fun tonight dancing with my boyfriend and enjoying the company of my friends. I even influenced my best friend because she thought I was being so strong in not drinking and she wanted to try it too since alcoholism runs very strongly in her family. I felt so happy and intrigued that I had actually had a positive influence on her and we both ended up having a fun, sober filled night.

**Day 20**

**Friday**

**Date: 02/26/2010**

Tonight was another night out, and it was a hard night to abstain from drinking. My best friend, myself, and my boyfriend all went downtown to the club where my other friend was working. Since he left us his car, he told us that if we wanted a free ride there and back one of us had to stay sober. Since I have chosen to abstain from drinking I was clearly okay to drive to the club and back home from the club. Once we got to the club, we got there early and it was open bar with free drinks until 11:00pm. I wouldn't have even had to spend any money on drinks, but at this point tonight it wasn't about just not drinking, I promised that I would be the sober ride, and to me that came first and was more important than drinking. My boyfriend is such a sweetheart and I care about him a lot, but he definitely tries to pressure me into drinking with him, and even tried buying me a couple beers and a few drinks, even though I kept saying no. It did frustrate me a lot

that he wasn't being supportive of me and I know I need to talk to him about that when he is sober tomorrow. I'm glad I didn't drink tonight, and I'm glad that because I didn't drink I had a free ride which saved me even more money.

**Day 21**

**Saturday**

**Date: 02/27/2010**

Today was technically the last day of my health diary and my health behavior change and I didn't even think about alcohol today. I didn't have any urge to drink and I truly don't think I will have an urge to drink or at least drink as much as I had done before. I also talked to my boyfriend today and he felt bad that he wasn't supporting me. He truly didn't think I was being serious that I wanted to change this habit. I am really appreciative of this class because it has opened my world to changing a bad habit, and opened my eyes to see that through drinking I waste money, lose a lot of sleep, and even embarrass myself by acting completely stupid when I drink. I didn't drink this week and although this may only be 3 weeks I am determined to truly give my best effort to stop this bad habit, and live a healthier life.

## Evaluate Your Health Behavior Change Experience

Q	Statement	Disagree ←→ Agree				
1	Being an extra-credit assignment help making and maintaining the change easier	1	2	3	4	5
2	Maintaining the change got easier as time went on	1	2	3	4	5
3	Maintaining the change got harder as time went on	1	2	3	4	5
4	I had to make changes in my life to maintain the behavior change	1	2	3	4	5
5	I wasn't sure if I could maintain the change for another 2 weeks	1	2	3	4	5
6	I was confident after the first week that I could go on for another 2 weeks	1	2	3	4	5
7	The additional two weeks helped me to be more successful than I was during the first week	1	2	3	4	5
8	After making and maintaining the change for 3 weeks, I know I can make it a permanent change	1	2	3	4	5
9	The change will be beneficial for my health in the long run	1	2	3	4	5
10	Based on my experience with this behavior change I know I can make other changes in my life to improve my health	1	2	3	4	5

## What Did You Learn From This Experience

I chose to continue to abstain from drinking for an additional two weeks. The main reason why I chose to continue this is because starting Fall 2010 the entire campus is going to be dry which means that no one, not even someone the age of 21 can sign in or have any alcohol. The consequences for being caught with alcohol are very severe and to be honest I wanted to stop drinking and make it less of a habit because that decreases my chances of getting into serious trouble. Of course, the extra two weeks being an extra credit assignment definitely helped because to me my grades are very important and anything that will get me a higher grade is something I'm going to try and do.

The total three-week experience really taught and showed me a lot. I think I did extremely well decreasing the amount of alcohol I drink and I really feel proud of myself. I even got a friend to see how well I was doing and made her want to try and change her own health

habits. I think that this health diary is definitely a beneficial project because it gives students the opportunity to really look deeply into the problems that drinking, smoking, or not getting enough sleep can do. I also can look back on the past three weeks and see how much money I ended up saving because I didn't spend in on alcohol. Granted I did go out and buy a brand new pair of jeans and a brand new pairs of shoes, it wasn't on something that I sort of now see as a waste of money. This health diary was beneficial to me and the extra two weeks were definitely helpful in resolving to make a healthier change to my life.

What motivated me to continue this change was that I truly wanted to do it for myself. I think I have a lot of self-motivation and I knew that I could do this. I love setting goals for myself and knowing that I have the power to achieve and accomplish those goals. My main motivation though was because of my mom. She hates drinking and grew up with a father that was an alcoholic. She hasn't had a drink in over 20 years and she worked so hard to jam it in our heads that drinking was bad and to not start. I should have listened, but when the opportunity to change my drinking habits and severely decrease my amount of intake I took it because I wanted to do it for my mom.

### **Rate Your Success With Your Health Behavior Change**

65%