

Carla

You like to go out with your friends at a weekend. You usually go to pubs and despite your good intentions you always end up drinking more than you want to.

It's not that you get drunk, you find it hard to say no when you're with your friends. They're all having a drink and they know you like a drink too.

But you've reached a stage where you don't like waking up with a headache on Saturday and Sunday mornings.

You're feeling a bit ashamed of yourself for not being stronger and saying 'no' when your friends encourage you to have another drink.

You know you would feel better about yourself if you could drink less.