CAUSE-AND-EFFECT: ALCOHOL CONSUMPTION

Or, why you feel SO great . . . and then SO lousy

"How can one genre of beverages wreak so much havoc on your behavior and on the morning after? Science has the answers."

- Ash M. Richter in "Every Time You Get Drunk This Is What Happens To Your Body And Your Brain"

1 Problem

What	Problem(s)	Feeling drunk, hungover
When	Date	Proactive
	Different, unusual, unique	Hard alcohol, empty stomach
Where	Geographic area	Just about anywhere
	Task being performed	Drinking alcohol

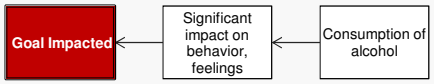
Impact to the Goals

Behavior	Decrease in behavior control
Post-binge feelings	Hangover
	Dehydration
	Frequent urination
Diet	Desire for carbohydrates

Frequency	Varies wildly

2 Analysis

Basic Level Cause Map - Start with simple Why questions.



Basic Cause-and-Effect

All those ill effects from drinking? They're your body's attempt to rid the body of the alcohol you've been pouring in.

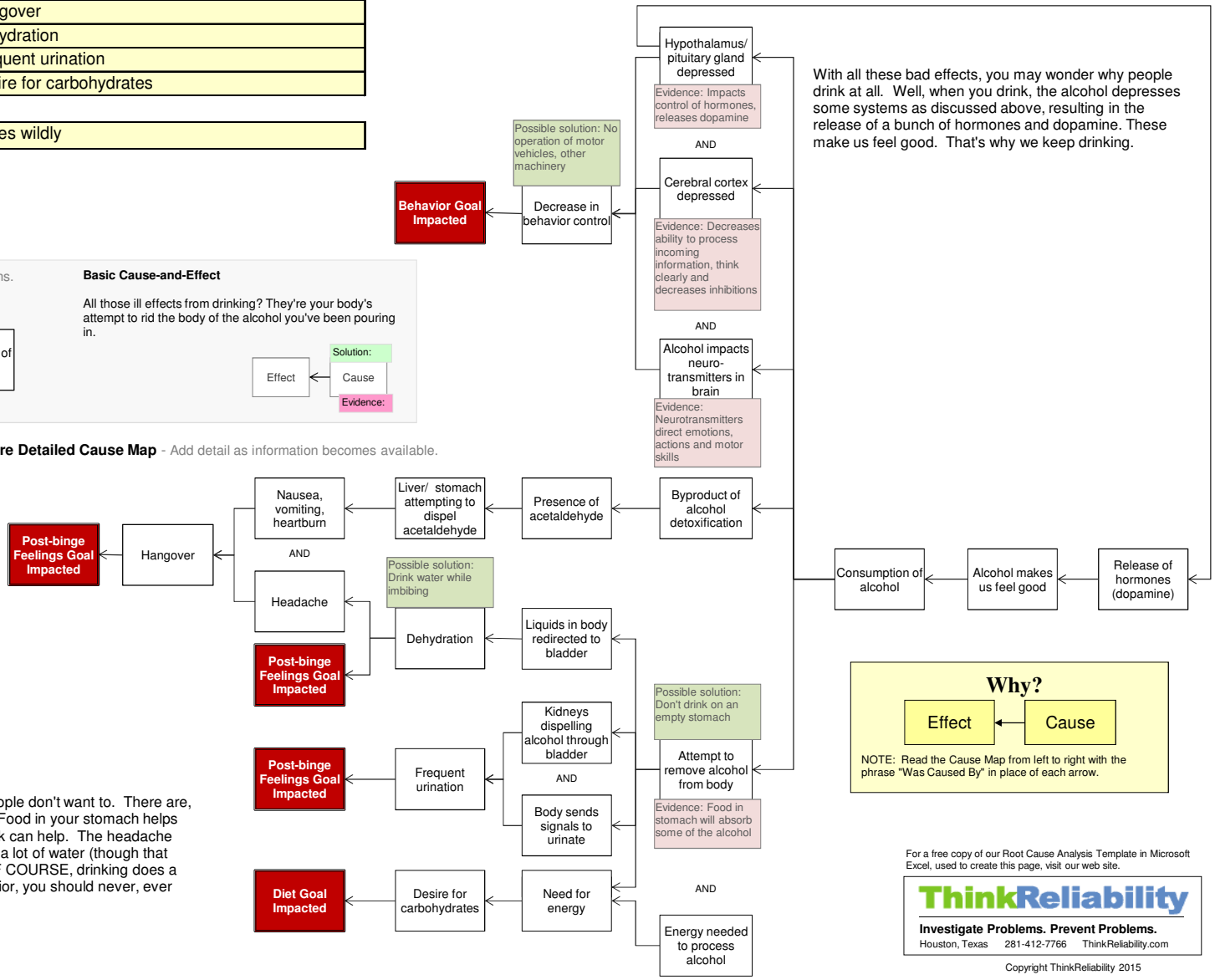
More Detailed Cause Map - Add detail as information becomes available.

Cause Mapping is a Root Cause Analysis method that captures basic cause-and-effect relationships supported with evidence.

CAUSE MAPPING

Problem Solving • Incident Investigation • Root Cause Analysis

Step 1	Problem	What's the Problem?
Step 2	Analysis	Why did it happen?
Step 3	Solutions	What will be done?



Why?

Effect ← Cause

NOTE: Read the Cause Map from left to right with the phrase "Was Caused By" in place of each arrow.

3 Solutions

Giving up drinking altogether is difficult, and many people don't want to. There are, however, ways to minimize the ill effects of drinking. Food in your stomach helps absorb some of the alcohol, so eating before you drink can help. The headache portion of the hangover can be minimized by drinking a lot of water (though that won't help with the frequent urination issue). AND OF COURSE, drinking does a number on your fine motor control and general behavior, you should never, ever drink and drive or operate other heavy machinery.

For a free copy of our Root Cause Analysis Template in Microsoft Excel, used to create this page, visit our web site.

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