

TSM 101 for New Users

What is the Sinclair Method (TSM)?

The Sinclair Method (TSM) is a research based, medication assisted treatment for alcohol use disorder that targets the brain's reward system through the process of pharmacological extinction resulting in the reduction of heavy drinking and addictive cravings.

How do I 'do' TSM?

1. [Find a doctor](#) and let him/her know you want to reduce your drinking using naltrexone (prescription only medication).
2. Get a support system. Whether it's family and friends, a [peer support group](#), or formal counseling, support is critical to recovery success. If you have a co-occurring disorder, we strongly encourage you to see a licensed professional in addition to informal support.
3. Take medication one hour before drinking, every time you drink.
4. Accurately track your drinks. ([Free drink log spreadsheet here.](#))
5. Take part in pleasurable activities on the days when you do not drink.

Can I use TSM for moderation?

Absolutely! About 88% of people using TSM have a goal of moderate drinking.

How fast does TSM work?

Everyone is different, but on average we see the following:

First 30 days	10 – 20% reduction
30 days – 6 months	10 – 50% reduction
6 – 12 months	50 – 90% reduction
1 – 2 years	70 – 100% reduction
2+ years	80 – 100% reduction

Are there side effects?

Side effects are a potential with every medication, and naltrexone is no different. Most people who get them report that the side effects only last about two weeks. ([List of known side effects](#)) ([tips for minimizing side effects](#))

Can anyone use TSM?

No. If you are taking an opioid medication, if you are currently pregnant, or if you have severe liver damage, TSM is not recommended. Additionally, if you have been abstinent for an extended period of time and are not at imminent risk of relapse, TSM is not recommended.