

Temptation to Drink Scale

Client ID# _____

Date: ____/____/____

Assessment Point: _____

LISTED BELOW ARE A NUMBER OF SITUATIONS THAT LEAD SOME PEOPLE TO DRINK ALCOHOL. WE WOULD LIKE TO KNOW HOW TEMPTED YOU MAY BE TO DRINK ALCOHOL IN EACH SITUATION.

CIRCLE THE NUMBER THAT BEST DESCRIBES YOUR FEELINGS OF TEMPTATION TO DRINK ALCOHOL IN EACH SITUATION DURING THE PAST WEEK ACCORDING TO THE FOLLOWING SCALE:

- 1=Not at all tempted**
- 2=Not very tempted**
- 3=Moderately tempted**
- 4=Very tempted**
- 5=Extremely tempted**

| Situation | Tempted to drink alcohol | | | | |
|--|--------------------------|----------|------------|------|-----------|
| | Not at all | Not very | Moderately | Very | Extremely |
| 1) When I am in agony because of stopping or withdrawing from alcohol use. | 1 | 2 | 3 | 4 | 5 |
| 2) When I have a headache. | 1 | 2 | 3 | 4 | 5 |
| 3) When I am feeling depressed. | 1 | 2 | 3 | 4 | 5 |
| 4) When I am on vacation and want to relax. | 1 | 2 | 3 | 4 | 5 |
| 5) When I am concerned about someone. | 1 | 2 | 3 | 4 | 5 |
| 6) When I am worried. | 1 | 2 | 3 | 4 | 5 |
| 7) When I have the urge to try just one drink to see what happens. | 1 | 2 | 3 | 4 | 5 |
| 8) When I am being offered a drink in a social situation. | 1 | 2 | 3 | 4 | 5 |
| 9) When I dream about taking a drink. | 1 | 2 | 3 | 4 | 5 |
| 10) When I want to test my will power over drinking. | 1 | 2 | 3 | 4 | 5 |

| Situation | Tempted to drink alcohol | | | | |
|--|--------------------------|----------|------------|------|-----------|
| | Not at all | Not very | Moderately | Very | Extremely |
| 11) When I am feeling a physical need or craving for alcohol. | 1 | 2 | 3 | 4 | 5 |
| 12) When I am physically tired. | 1 | 2 | 3 | 4 | 5 |
| 13) When I am experiencing some physical pain or injury. | 1 | 2 | 3 | 4 | 5 |
| 14) When I feel like blowing up because of frustration. | 1 | 2 | 3 | 4 | 5 |
| 15) When I see others drinking at a bar or a party. | 1 | 2 | 3 | 4 | 5 |
| 16) When I sense everything is going wrong for me. | 1 | 2 | 3 | 4 | 5 |
| 17) When people I used to drink with encourage me to drink. | 1 | 2 | 3 | 4 | 5 |
| 18) When I am feeling angry inside. | 1 | 2 | 3 | 4 | 5 |
| 19) When I experience an urge or impulse to take a drink that catches me unprepared. | 1 | 2 | 3 | 4 | 5 |
| 20) When I am excited or celebrating with others. | 1 | 2 | 3 | 4 | 5 |