

**EACH STATEMENT BELOW DESCRIBES A SITUATION OR THOUGHT THAT YOU MIGHT USE TO HELP YOU NOT USE ILLEGAL DRUGS DURING THE PAST WEEK.**

**INSTRUCTIONS:**

THERE ARE FIVE POSSIBLE RESPONSES TO EACH OF THE ITEMS IN THE QUESTIONNAIRE:

- 1=Never
- 2=Seldom
- 3=Occasionally
- 4=Frequently
- 5=Repeatedly

**PLEASE READ EACH STATEMENT AND CIRCLE THE NUMBER ON THE RIGHT TO INDICATE HOW OFTEN YOU MAKE USE OF A PARTICULAR SITUATION OR THOUGHT TO HELP YOU NOT USE ILLEGAL DRUGS. REMEMBER THESE STATEMENTS REFER TO SITUATIONS OR THOUGHTS YOU MIGHT USE DURING THE PAST WEEK.**

	Never	Seldom	Occasionally	Frequently	Repeatedly
1) I do something nice for myself for making efforts to change.	1	2	3	4	5
2) I can talk with at least one special person about my drug use experiences.	1	2	3	4	5
3) I get upset when I think about illnesses caused by drug use.	1	2	3	4	5
4) I see signs in some public places trying to help people not use drugs.	1	2	3	4	5
5) I stop to think about how my drug use is hurting people around me.	1	2	3	4	5
6) I consider that feeling good about myself includes changing my drug use behavior.	1	2	3	4	5
7) I remove things from my home or work that remind me of drugs.	1	2	3	4	5
8) I calm myself when I get the urge to use drugs.	1	2	3	4	5
9) I reward myself when I don't give in to my urge to use drugs.	1	2	3	4	5

	Never	Seldom	Occasionally	Frequently	Repeatedly
10) I have someone to talk with who understands my problems with drugs.	1	2	3	4	5
11) Warnings about the health hazards of drug use have an emotional effect on me.	1	2	3	4	5
12) I use will power to stop from using drugs.	1	2	3	4	5
13) I notice that people with drug problems are making known their desire not to be pressed to use drugs.	1	2	3	4	5
14) I am considering the idea that people around me would be better off without my problem drug use.	1	2	3	4	5
15) I read newspaper stories that may help me quit using drugs.	1	2	3	4	5
16) I avoid situations that encourage me to use drugs.	1	2	3	4	5
17) I try to think about other things when I begin to think about using drugs.	1	2	3	4	5
18) I have someone who listens when I want to talk about my drug use.	1	2	3	4	5
19) Stories about drugs and their effects upset me.	1	2	3	4	5
20) I make myself aware that I can choose to overcome my drug use if I want to.	1	2	3	4	5
21) I find society changing in ways that make it easier for me to overcome my drug use problem.	1	2	3	4	5
22) I have strong feelings about how much my drug use has hurt the people I care about.	1	2	3	4	5
23) I become disappointed with myself when I depend on drugs.	1	2	3	4	5
24) I look for information related to problem drug use.	1	2	3	4	5

	Never	Seldom	Occasionally	Frequently	Repeatedly
25) I use reminders to help me not to use drugs.	1	2	3	4	5
26) I do something else instead of using drugs when I need to deal with tension.	1	2	3	4	5
27) I don't let myself have fun when I use drugs.	1	2	3	4	5
28) I have someone whom I can count on to help me when I'm having problems with drug use.	1	2	3	4	5
29) I read newspaper stories that can affect me emotionally about my drug use.	1	2	3	4	5
30) I tell myself that if I try hard enough I can keep from using drugs.	1	2	3	4	5
31) I stop and think that my drug use is causing problems for other people.	1	2	3	4	5
32) I feel more competent when I decide not to use drugs.	1	2	3	4	5
33) I seek out groups of people who can increase my awareness about the problems of drug use.	1	2	3	4	5
34) I stay away from places generally associated with my drug use.	1	2	3	4	5
35) I find that doing things is a good substitute for using drugs.	1	2	3	4	5
36) I spend time with people who reward me for not using drugs.	1	2	3	4	5
37) I make commitments to myself not to use drugs.	1	2	3	4	5
38) I see advertisements on television about how society is trying to help people to not use drugs.	1	2	3	4	5
39) I think about the type of person I will be if I control my drug use.	1	2	3	4	5
40) I think about information that people have personally given me on the benefits of quitting drugs.	1	2	3	4	5

