Alcohol Decisional Balance Scale Reduced Drinking – DELTA Version

Client ID#		
Date:	_/	/
Assessmen	t Point:	

THE FOLLOWING STATEMENTS MAY PLAY A PART IN MAKING A DECISION ABOUT USING ALCOHOL. WE WOULD LIKE TO KNOW HOW IMPORTANT EACH OF THESE CONSIDERATIONS IS TO YOU. RETE THE LEVEL OF IMPORTANCE TO EACH STATEMENT ON THE FOLLOWING 5 POINT SCALE :

1=Not important at all 2=Slightly important 3=Moderately important 4=Very important 5=Extremely important

	How important is this to me?	Importance in making a decision about drinking:					
		Not at all	Slightly	Moderately	Very	Extremely	
1)	My drinking causes problems with others.	1	2	3	4	5	
2)	Drinking helps me deal with problems.	1	2	3	4	5	
3)	Drinking helps me to have fun and socialize.	1	2	3	4	5	
4)	Drinking interferes with my functioning at home or/and at work.	1	2	3	4	5	
5)	Some people close to me are disappointed in me because of my drinking.	1	2	3	4	5	
6)	Drinking helps me to loosen up and express myself.	1	2	3	4	5	
7)	I seem to get myself into trouble when drinking.	1	2	3	4	5	
8)	I could accidentally hurt someone because of my drinking.	1	2	3	4	5	
9)	I am more sure of myself when I am drinking.	1	2	3	4	5	
10) Without alcohol, my life would be dull and boring.	1	2	3	4	5	