

Drug Use Decisional Balance Scale

Client ID# \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Assessment Point: \_\_\_\_\_

**THE FOLLOWING STATEMENTS MAY PLAY A PART IN MAKING A DECISION ABOUT USING ILLEGAL DRUGS. WE WOULD LIKE TO KNOW HOW IMPORTANT EACH STATEMENT IS TO YOU AT THE PRESENT TIME IN RELATION TO MAKING A DECISION ABOUT YOUR ILLEGAL DRUG USE. PLEASE RATE 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

**PLEASE READ EACH STATEMENT AND CIRCLE THE NUMBER ON THE RIGHT TO INDICATE HOW YOU RATE ITS LEVEL OF IMPORTANCE AS IT RELATES TO YOUR MAKING A DECISION ABOUT WHETHER TO USE ILLEGAL DRUGS AT THE PRESENT TIME.**

How important is this to you?	Importance in making a decision about using drugs:				
	Not at all	Slightly	Moderately	Very	Extremely
1) My drug use causes problems with others.	1	2	3	4	5
2) I like myself better when I use drugs.	1	2	3	4	5
3) Because I continue to use drugs some people think I lack the character to quit.	1	2	3	4	5
4) Using drugs helps me deal with problems.	1	2	3	4	5
5) Having to lie to others about my drug use bothers me.	1	2	3	4	5
6) Some people try to avoid me when I use drugs.	1	2	3	4	5
7) Using drugs helps me to have fun and socialize.	1	2	3	4	5
8) Using drugs interferes with my functioning at home or/and at work.	1	2	3	4	5
9) Using drugs makes me more of a fun person.	1	2	3	4	5
10) Some people close to me are disappointed in me because of my drug use.	1	2	3	4	5

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How important is this to me?	Importance in making a decision about using drugs:				
	Not at all	Slightly	Moderately	Very	Extremely
11) Using drugs helps me to loosen up and express myself.	1	2	3	4	5
12) I seem to get myself into trouble when I use drugs.	1	2	3	4	5
13) I could accidentally hurt someone because of my drug use.	1	2	3	4	5
14) Not using drugs at a social gathering would make me feel too different.	1	2	3	4	5
15) I am losing the trust and respect of my coworkers and/or spouse because of my drug use.	1	2	3	4	5
16) My drug use helps give me energy and keeps me going.	1	2	3	4	5
17) I am more sure of myself when I am using drugs.	1	2	3	4	5
18) I am setting a bad example for others with my drug use.	1	2	3	4	5
19) Without drugs, my life would be dull and boring.	1	2	3	4	5
20) People seem to like me better when I use drugs.	1	2	3	4	5