

**THESE ARE EXPERIENCES AND EVENTS THAT SOME PEOPLE FIND HELPFUL IN CONTROLLING THEIR DRINKING. FOR EACH STATEMENT, INDICATE HOW OFTEN YOU MAKE USE OF A PARTICULAR SITUATION OR THOUGHT TO HELP YOU AVOID DRINKING TOO MUCH. TELL ME HOW OFTEN THESE SITUATIONS OR THOUGHTS HAVE HAPPENED TO YOU DURING THE PAST WEEK OR SO.**

**INSTRUCTIONS:**

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

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

	Never	Seldom	Occasionally	Frequently	Repeatedly
1) I get upset when I think about illnesses caused by drinking.	1	2	3	4	5
2) I stop to think about how my drinking is hurting people around me.	1	2	3	4	5
3) I reward myself when I don't give in to my urge to drink too much.	1	2	3	4	5
4) I have someone to talk with who understands my problems with alcohol.	1	2	3	4	5
5) I am considering the idea that people around me would be better off without my problem drinking.	1	2	3	4	5
6) I read newspaper stories that may help me avoid drinking too much.	1	2	3	4	5
7) I try to think about other things when I begin to think about drinking.	1	2	3	4	5
8) Stories about alcohol and its effects upset me.	1	2	3	4	5

	Never	Seldom	Occasionally	Frequently	Repeatedly
9) I find society changing in ways that make it easier for me to overcome my drinking problem.	1	2	3	4	5
10) I become disappointed with myself when I depend on alcohol.	1	2	3	4	5
11) I look for information related to problem drinking.	1	2	3	4	5
12) I use reminders to help me not to drink.	1	2	3	4	5
13) I have someone whom I can count on to help me when I'm having problems with drinking.	1	2	3	4	5
14) I tell myself that if I try hard enough I can keep from drinking.	1	2	3	4	5
15) I feel more competent when I decide not to drink.	1	2	3	4	5
16) I stay away from places generally associated with my drinking.	1	2	3	4	5
17) I find that doing things is a good substitute for drinking.	1	2	3	4	5
18) I spend time with people who reward me for not drinking.	1	2	3	4	5
19) I make commitments to myself not to drink.	1	2	3	4	5
20) I see advertisements on television about how society is trying to help people not drink.	1	2	3	4	5