

**EACH STATEMENT BELOW DESCRIBES A SITUATION OR THOUGHT THAT YOU MIGHT USE TO HELP YOU NOT DRINK ALCOHOL 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 DRINK ALCOHOL. REMEMBER THESE STATEMENTS REFER TO SITUATIONS OR THOUGHTS YOU MIGHT USE DURING THE PAST WEEK.**

	Never	Seldom	Occasionally	Frequently	Repeatedly
1) I reward myself when I don't give in to my urge to use drink.	1	2	3	4	5
2) I have someone to talk with who understands my problems with alcohol.	1	2	3	4	5
3) I get upset when I think about illnesses caused by drinking.	1	2	3	4	5
4) I am considering the idea that people around me would be better off without my problem drinking.	1	2	3	4	5
5) I read newspaper stories that may help me quit drinking.	1	2	3	4	5
6) I try to think about other things when I begin to think about drinking.	1	2	3	4	5
7) I find society changing in ways that make it easier for me to overcome my drinking problem.	1	2	3	4	5
8) I become disappointed with myself when I depend on alcohol.	1	2	3	4	5

Processes of Change Questionnaire  
Alcohol Version

Client ID# \_\_\_\_\_  
Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Assessment Point: \_\_\_\_\_

	Never	Seldom	Occasionally	Frequently	Repeatedly
9) I look for information related to problem drinking.	1	2	3	4	5
10) I use reminders to help me not to drink.	1	2	3	4	5
11) I have someone whom I can count on to help me when I'm having problems with drinking.	1	2	3	4	5
12) Stories about alcohol and its effects upset me.	1	2	3	4	5
13) I tell myself that if I try hard enough I can keep from drinking.	1	2	3	4	5
14) I stop to think about how my drinking is hurting people around me.	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