

EACH STATEMENT BELOW DESCRIBES A HOW A PERSON MIGHT FEEL WHEN APPROACHING PROBLEMS RELATED TO DRINKING IN THEIR LIVES. PLEASE INDICATE HOW MUCH YOU TEND TO AGREE OR DISAGREE WITH EACH STATEMENT. IN EACH CASE, MAKE YOUR CHOICE IN TERMS OF HOW YOU FEEL RIGHT NOW, NOT WHAT YOU HAVE FELT IN THE PAST OR WOULD LIKE TO FEEL.

THERE ARE FIVE POSSIBLE RESPONSES TO EACH OF THE ITEMS:

- 1=Strongly Disagree**
- 2=Disagree**
- 3=Undecided**
- 4=Agree**
- 5=Strongly Agree**

INDICATE THE NUMBER THAT BEST DESCRIBES HOW MUCH YOU AGREE OR DISAGREE WITH EACH STATEMENT.

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1) It doesn't make much sense for me to consider changing my drinking.	1	2	3	4	5
2) I've been thinking that I might want to change something about my drinking.	1	2	3	4	5
3) At times my drinking causes problems and I'm determined to change.	1	2	3	4	5
4) It is frustrating, but I feel I might be having a recurrence of a drinking problem I thought I had resolved.	1	2	3	4	5
5) Trying to change my drinking is pretty much a waste of time for me.	1	2	3	4	5
6) I guess I have faults, but there's nothing that I really need to change about my drinking.	1	2	3	4	5
7) I thought once I had resolved my problem drinking I would be free of it, but sometimes I still find myself struggling with it.	1	2	3	4	5
8) I may have a problem with drinking and I think I should work on it.	1	2	3	4	5
9) I am really working hard to change my drinking.	1	2	3	4	5
10) I hope that someone will have some good advice for me about my drinking.	1	2	3	4	5

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
11) Anyone can talk about changing the way they drink; I'm actually going to do something about it.	1	2	3	4	5
12) After all I had done to try and change my problem drinking, every now and then it comes back to haunt me.	1	2	3	4	5