

Alcohol Abstinence Self-efficacy Scale

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

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

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

**LISTED BELOW ARE A NUMBER OF SITUATIONS THAT LEAD SOME PEOPLE TO USE ALCOHOL. WE WOULD LIKE TO KNOW HOW CONFIDENT YOU ARE THAT YOU WOULD NOT DRINK TOO MUCH IN EACH SITUATION.**

**CIRCLE THE NUMBER THAT BEST DESCRIBES YOUR FEELINGS OF CONFIDENCE TO NOT DRINK TOO MUCH IN EACH SITUATION ACCORDING TO THE FOLLOWING SCALE:**

- 1=Not at all confident
- 2=Not very confident
- 3=Moderately confident
- 4=Very confident
- 5=Extremely confident

Situation	Confident not to drink too much				
	Not at all	Not very	Moderately	Very	Extremely
1) When I am feeling depressed.	1	2	3	4	5
2) When I am concerned about someone.	1	2	3	4	5
3) When I am worried.	1	2	3	4	5
4) When I have the urge to try just one drink to see what happens.	1	2	3	4	5
5) When I want to test my will power over drinking.	1	2	3	4	5
6) When I am feeling a physical need or craving for alcohol.	1	2	3	4	5
7) When I am physically tired.	1	2	3	4	5
8) When I am experiencing some physical pain or injury.	1	2	3	4	5
9) When I feel like blowing up because of frustration.	1	2	3	4	5
10) When I see others drinking at a bar or a party.	1	2	3	4	5
11) When people I used to drink with encourage me to drink.	1	2	3	4	5
12) When I am excited or celebrating with others.	1	2	3	4	5

