

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

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

Processes of Change Questionnaire
 Drug Version

Client ID# _____
 Date: ____/____/____
 Assessment Point: _____

	Never	Seldom	Occasionally	Frequently	Repeatedly	Data Entry
9) I look for information related to problem drug use.	1	2	3	4	5	
10) I use reminders to help me not to use drugs.	1	2	3	4	5	
11) I have someone whom I can count on to help me when I'm having problems with drug use.	1	2	3	4	5	
12) Stories about drugs and their effects upset me.	1	2	3	4	5	
13) I tell myself that if I try hard enough I can keep from using drugs.	1	2	3	4	5	
14) I stop to think about how my drug use is hurting people around me.	1	2	3	4	5	
15) I feel more competent when I decide not to use drugs.	1	2	3	4	5	
16) I stay away from places generally associated with my drug use.	1	2	3	4	5	
17) I find that doing things is a good substitute for drug use.	1	2	3	4	5	
18) I spend time with people who reward me for not using drugs.	1	2	3	4	5	
19) I make commitments to myself not to use drugs.	1	2	3	4	5	
20) I see advertisements on television about how society is trying to help people not use drugs.	1	2	3	4	5	