

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Situational Confidence Questionnaire (SCQ-8)

Complete Part 1 with your therapist. You can complete Part 2 either during the session with your therapist or as a homework assignment. If you complete it at home, bring it with you to your next appointment.

### PART 1: IDENTIFYING CAUSES

In order to change your substance use habits and patterns for good, you need to identify the reasons that lead to your use of alcohol or other drugs. Eight typical causes, or “trigger situations,” are outlined below.

Which ones have tended to trigger your substance use over the past year?  
(Check any or all that apply.)

- unpleasant emotions  
(e.g., when angry, frustrated, bored, sad or anxious)
- physical discomfort  
(e.g., when feeling ill or in pain)
- pleasant emotions  
(e.g., when enjoying yourself or just feeling happy)
- testing personal control  
(e.g., when you started to believe you could handle alcohol or other drugs)
- urges and temptations to use  
(e.g., when walking by a pub or after seeing something that reminded you of drinking or other drug use)
- conflict with others  
(e.g., after an argument or when not getting along with someone)
- social pressure to use  
(e.g., when someone offered you alcohol or other drugs)
- pleasant times with others  
(e.g., when out with friends or at a party).

Rank the trigger situations you checked above in terms of how frequently they are linked to problem drinking or other drug use:

Rank 1 (most frequently a problem): \_\_\_\_\_

Rank 2 (next most frequent): \_\_\_\_\_

Rank 3 (next most frequent): \_\_\_\_\_

## PART 2: SITUATIONAL CONFIDENCE QUESTIONNAIRE

Imagine yourself, as you are right now, faced with in each of the following trigger situations. Place an **X** along the line in the scale provided to show how confident you feel **right now** that you would be able to resist problem drinking or other drug use. In the example below, the person feels that he or she is about 48% confident—a little less than halfway—about resisting in this situation.

I feel . . .



**Right now, I feel I would be able to resist the urge to drink or use other drugs in situations involving . . .**

1. *Unpleasant emotions*



2. *Physical discomfort*



3. *Pleasant emotions*



4. *Testing personal control*



5. *Urges and temptations*



6. *Conflict with others*



7. *Social pressures*



8. *Pleasant times with others*



*Adapted from: H.M. Annis and G. Martin, Inventory of Drug-Taking Situations (4th ed.). Toronto: Addiction Research Foundation © 1985*