

CHANGE STRATEGIES INVENTORY

1	7											2	0	1		
Protocol Number		Rater			Subject				Week		/		/		Date	

Each statement below describes a strategy or thought that a person might use to help them not use drugs or alcohol. Please bubble the number that best describes how often you made use of each strategy or thought in the **PAST WEEK** to help you stop using drugs or alcohol.

	<u>Never</u>	<u>Rarely</u>	<u>Occasion- ally</u>	<u>Fre- quently</u>	<u>All the time</u>
1. I engage in some physical activity when I get the urge to use drugs or drink...	○ 0	○ 1	○ 2	○ 3	○ 4
2. I think about bad experiences I've had after using drugs or alcohol.....	○ 0	○ 1	○ 2	○ 3	○ 4
3. I avoid people I use or drink with.....	○ 0	○ 1	○ 2	○ 3	○ 4
4. I stop to think about how my drug use or drinking is hurting people around me	○ 0	○ 1	○ 2	○ 3	○ 4
5. I consider that feeling good about myself includes changing my drug use or drinking behavior.....	○ 0	○ 1	○ 2	○ 3	○ 4
6. I remove things from my home or work that remind me of using drugs or alcohol.....	○ 0	○ 1	○ 2	○ 3	○ 4
7. I calm myself when I get the urge to use drugs or drink.....	○ 0	○ 1	○ 2	○ 3	○ 4
8. I reward myself when I don't give in to my urge to use drugs or alcohol.....	○ 0	○ 1	○ 2	○ 3	○ 4
9. I find someone to talk to who understands my problems and drug or alcohol use	○ 0	○ 1	○ 2	○ 3	○ 4
10. I use willpower to keep from using drugs or alcohol.....	○ 0	○ 1	○ 2	○ 3	○ 4
11. I ask people not to offer me drugs or alcohol.....	○ 0	○ 1	○ 2	○ 3	○ 4
12. I try to think about other things when I begin to think about using or drinking	○ 0	○ 1	○ 2	○ 3	○ 4
13. I encourage people to keep after me about my drug or alcohol use.....	○ 0	○ 1	○ 2	○ 3	○ 4
14. I seek out someone who listens when I want to talk about my drug or alcohol use.....	○ 0	○ 1	○ 2	○ 3	○ 4
15. I remind myself that I can choose to overcome my drug use or drinking if I want to.....	○ 0	○ 1	○ 2	○ 3	○ 4
16. I use reminders to help me not to use drugs or drink.....	○ 0	○ 1	○ 2	○ 3	○ 4
17. I do something else instead of using drugs or drinking when I need to deal with tension.....	○ 0	○ 1	○ 2	○ 3	○ 4
18. I tell myself that if I try hard enough I can keep from using drugs or drinking.	○ 0	○ 1	○ 2	○ 3	○ 4
19. I leave places where people are using drugs or drinking.....	○ 0	○ 1	○ 2	○ 3	○ 4
20. I seek out social situations where it is OK not to use drugs or drink.....	○ 0	○ 1	○ 2	○ 3	○ 4
21. I seek out groups of people who can increase my awareness about the problems of drug use and drinking.....	○ 0	○ 1	○ 2	○ 3	○ 4
22. I stay away from places or situations associated with my drug or alcohol use..	○ 0	○ 1	○ 2	○ 3	○ 4
23. I find that doing things is a good substitute for using drugs or drinking.....	○ 0	○ 1	○ 2	○ 3	○ 4
24. I spend time with people who reward me for not using drugs or alcohol.....	○ 0	○ 1	○ 2	○ 3	○ 4
25. I make commitments to myself not to use drugs or alcohol.....	○ 0	○ 1	○ 2	○ 3	○ 4



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Subject

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Week

Please bubble the number that best describes how often you made use of each strategy or thought in the **PAST WEEK** to help you stop using drugs or alcohol.

	<u>Never</u>	<u>Rarely</u>	<u>Occasion- ally</u>	<u>Fre- quently</u>	<u>All the time</u>
26.I stop and think that using drugs or drinking and driving can cause many problems for other people.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
27.I think about my physical reactions to drugs and alcohol and remember what a problem it is for me.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
28.I am able to express emotions such as anger or affection without relying on drugs or alcohol.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
29.When I feel angry, I try first to calm myself down.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
30.I talk about things that make me angry.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
31.I try to find satisfaction (enjoyment) with other people without using drugs or alcohol.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
32.If someone offers me drugs or alcohol, I say "no" immediately.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
33.If someone offers me drugs or alcohol, I suggest something else to do.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
34.I engage in some enjoyable or relaxing activity each day.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
35.I adopt a positive outlook that helps me not use drugs or drink.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
36.I try to remind myself of the good things I have accomplished.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
37.When I am bothered by other people, I tell them about it directly.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
38.I try to tolerate frustration without depending on drugs or alcohol.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
39.When I feel upset, I try to stop or challenge my negative self-talk.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
40.I tell others what is on my mind.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
41.I show interest in what other people have to say and the feelings they express.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
42.I express appreciation when someone does something for me.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
43.When someone criticizes me, I try to find some way to deal with it without using drugs or alcohol.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
44.I think of the difficulties in my life as problems to be solved.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
45.I try to think of a number of ways to solve my problems before I take action..	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
46.I have a plan to deal with urges to use, if they occur.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
47.If I have the urge to use drugs or alcohol, I tell myself that it will go away if I just wait awhile.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
48.Before doing something, I think about whether it will lead to using drugs or alcohol.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4

