

Your Self-Confidence Profile

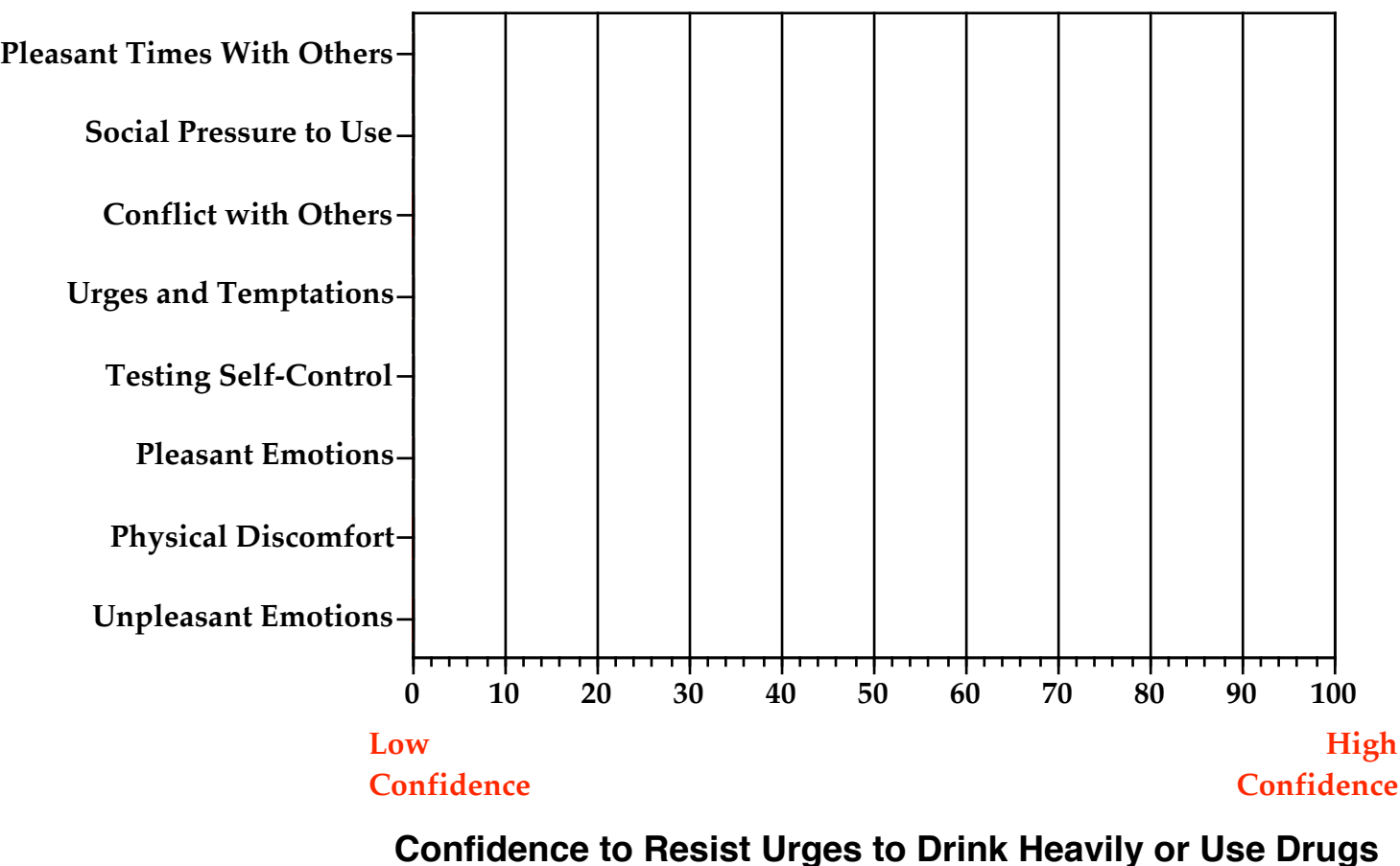
How Confident Are You?

The following graph shows your confidence that you could resist drinking heavily or using drugs in different situations. Situations where you have low confidence are more likely to pose a risk for you. You may find it particularly helpful to think of ways to identify and plan for these situations in advance. For example, if you have little confidence that you can resist drinking heavily or using drugs in social pressure situations, you may want to avoid such situations or deal with them differently. You can also look at your daily alcohol or drug use calendar to see if your heavier drinking days or drug use occurred when you had trouble resisting urges to drink heavily or use drugs.

Your Self-Confidence Profile

The three situations where you indicated you have the lowest confidence to resist drinking heavily or using drugs are shown with red bars.

Situations



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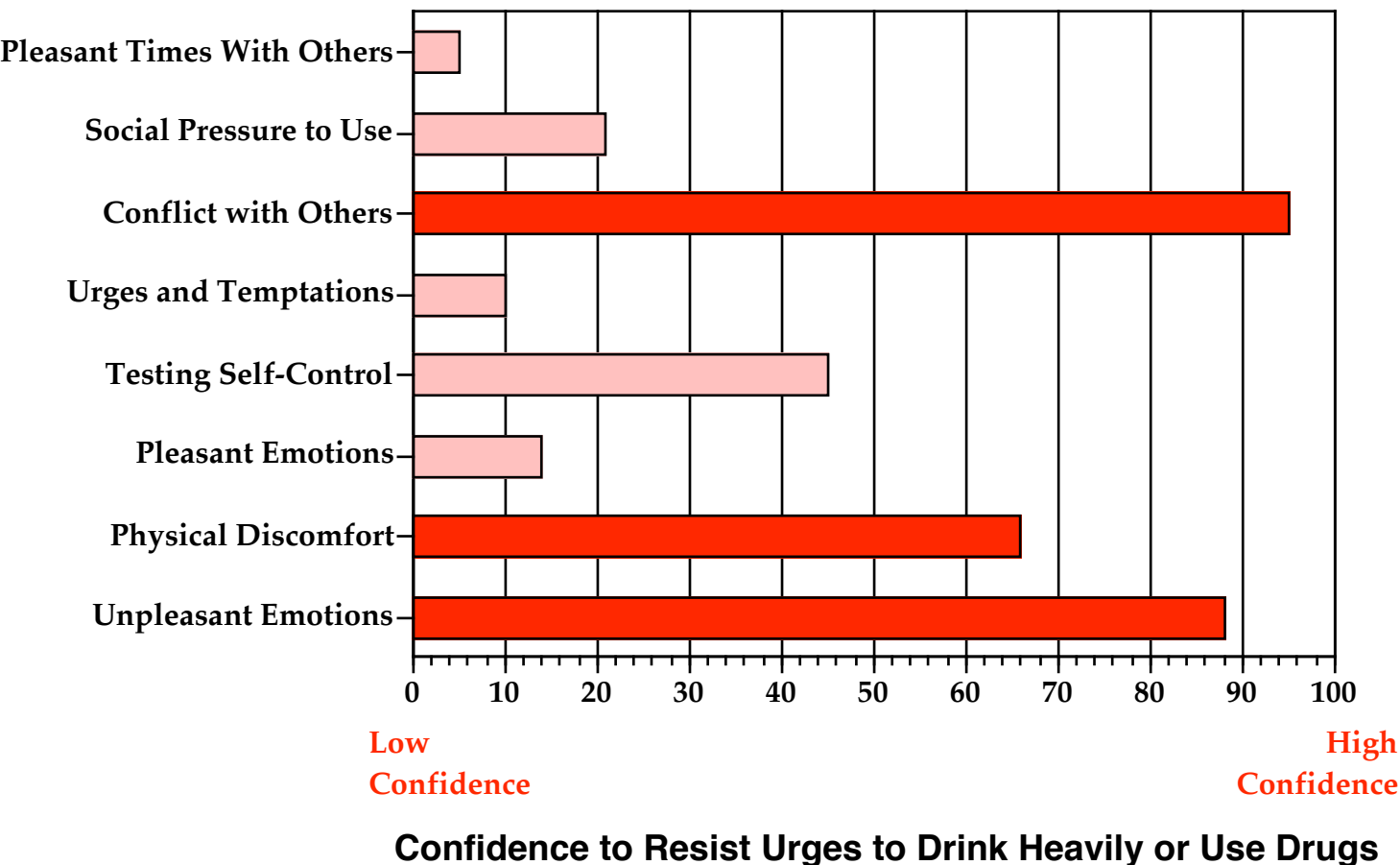
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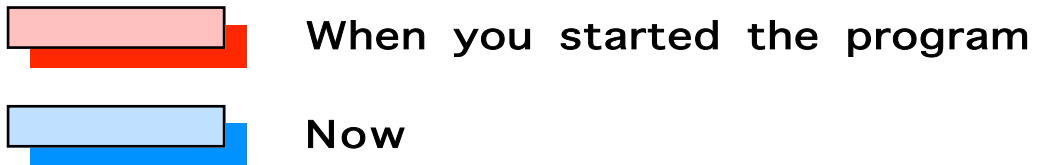
The three situations where you indicated you have the lowest confidence to resist drinking heavily or using drugs are shown with red bars.

Situations

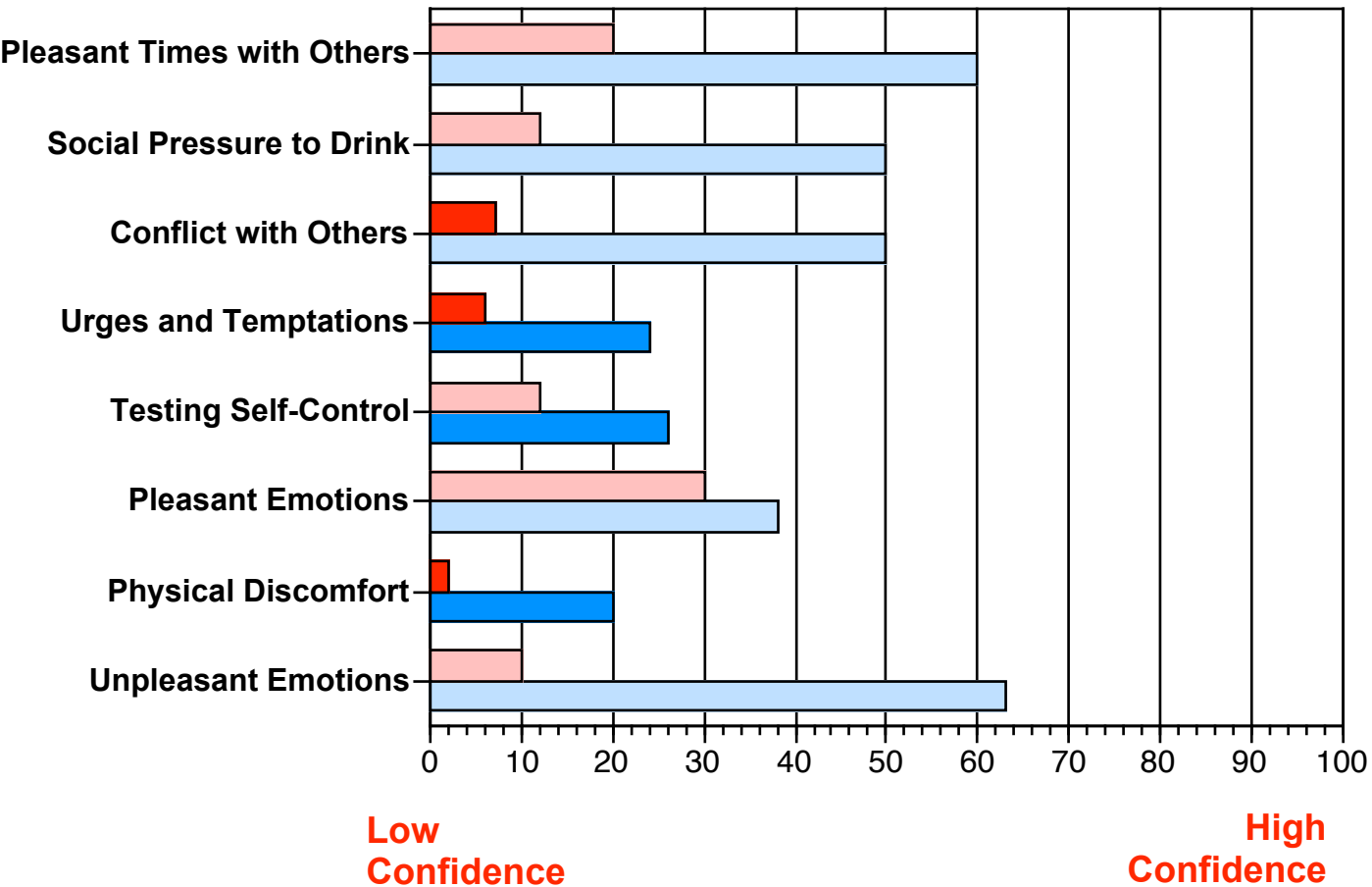


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The following graph shows your confidence that you could resist drinking heavily or using drugs in different situations. The **RED** bars show your confidence when you started the program and **BLUE** bars how confident you are now. Situations where you have low confidence are more likely to pose a risk for you. Remember, for situations where you still have little confidence that you can resist drinking heavily or using drugs, you may want to avoid such situations or deal with differently.



Situations



Confidence to Resist Urges to Drink Heavily or Use Drugs