Guided Self-Change Clinic

Name: __________________________________________

Where Are You Now Scale

Several times throughout our sessions together I am going to ask you to evaluate your alcohol or drug use using a 10-point scale where 1 = worst ever and 10 = no longer a concern (show client the scale):

<table>
<thead>
<tr>
<th>1</th>
<th>5</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worst Ever</td>
<td></td>
<td>No Longer a Concern</td>
</tr>
</tbody>
</table>

1. ASSESSMENT SESSION Date: __________________________

On the 10-point scale where 1 = Worst Ever and 10 = No Longer a Concern, how would you rate your alcohol or drug use a YEAR AGO and how would you rate it NOW?

_____ RATING A YEAR AGO

_____ RATING NOW

How did you get from (# year ago) to (# Now)? ___________________________________________________________
_________________________________________________________________________________________________

2. SESSION #2 Date: __________________________

When you first came into treatment I asked you to rate your alcohol or drug use. Using the same 10-point scale where 1 = Worst Ever and 10 = No Longer a Concern, how would you rate your alcohol or drug use TODAY?

_____ SESSION 2 Rating

How did you get from a (# at assessment) to (# Today)? ____________________________________________________
_________________________________________________________________________________________________

3. SESSION #4 Date: __________________________

On two previous occasions, I have asked you to rate your alcohol or drug use. Using the same 10-point scale where 1 = Worst Ever and 10 = No Longer a Concern, how would you rate your alcohol or drug use TODAY?

_____ SESSION 4 Rating

How did you get from a (# at Session 2) to (# Today)? ______________________________________________________
_________________________________________________________________________________________________