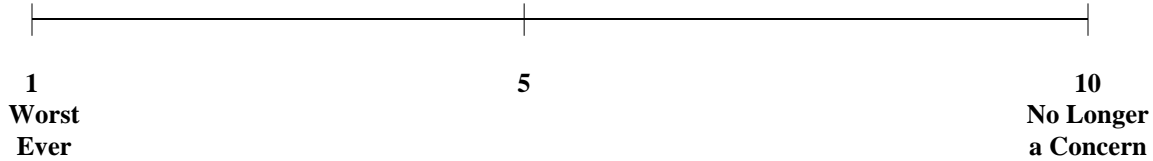


Name: _____

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):



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)? _____