

## Abstinence Goal Evaluation for Alcohol or Drugs

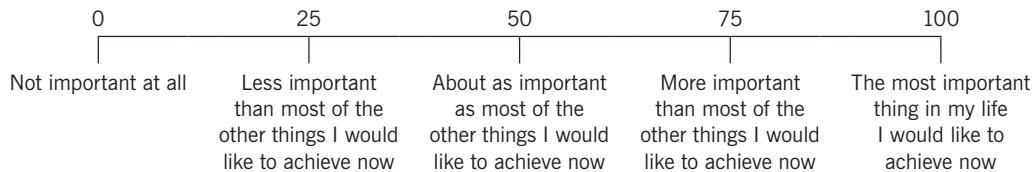
Name: \_\_\_\_\_ Date: \_\_\_\_\_

### IMPORTANCE AND CONFIDENCE OF CHANGING YOUR DRUG OR ALCOHOL USE: HOW READY ARE YOU? PART 1

**My goal is to not use** (check as appropriate):  **Alcohol**  **Drugs** (Primary Drug): \_\_\_\_\_

People usually have several things that they would like to change in their lives. **In terms of not using alcohol or drugs, please answer the following questions.**

**At this moment, how important is it that you do not drink alcohol or use drugs?** Use the following scale to indicate your importance rating.



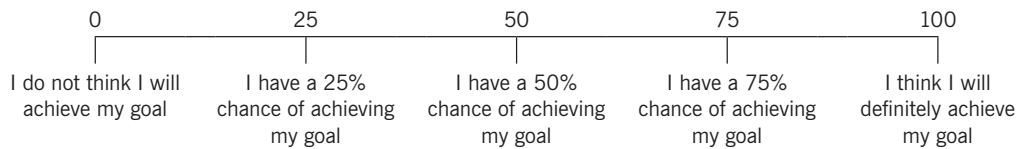
The importance of my goal is \_\_\_\_%

#### Now ask yourself the following questions

1. Is my goal important enough that I will work to achieve it even if progress is slow or difficult?  
\_\_\_\_ **Yes**    \_\_\_\_ **No**; if no, describe why not: \_\_\_\_\_
2. Are there any **competing priorities** that could interfere with my achieving my goal?  
\_\_\_\_ **Yes**    \_\_\_\_ **No**; if yes, what are they: \_\_\_\_\_

#### At this moment, how confident are you that you will not drink alcohol or use drugs?

Use the following scale to indicate your confidence rating.



I am \_\_\_\_% confident that I will achieve my goal

#### Now ask yourself the following questions

1. Considering everything, is my confidence rating realistic?  
\_\_\_\_ **Yes**    \_\_\_\_ **No**; if no, indicate why: \_\_\_\_\_
2. Are there any obstacles I might encounter to achieving my goal?  
\_\_\_\_ **No**    \_\_\_\_ **Yes**; if yes, what are they? \_\_\_\_\_

(cont.)

**WHERE DOES YOUR GOAL FIT IN AND HOW READY ARE YOU  
TO CHANGE YOUR ALCOHOL OR DRUG USE?  
PART 2**

- Below are four different combinations of importance and confidence goal ratings.
- Look at your ratings and check **which one of the four combinations best describes how ready you are to not drink alcohol or use drugs.**

1. \_\_\_\_\_ **Low Importance, Low Confidence:** Such individuals usually do not see change as important nor believe they can succeed in making changes if they tried. Such individuals do not appear very ready to change at the present time.

**If you are in this category, ask yourself** what it would take to get you to commit to changing.

2. \_\_\_\_\_ **Low Importance, High Confidence:** Such individuals typically are confident they can change if they thought it were important but are not sure that they want to change at the present time.

**If you are in this category, ask yourself** what it would take to tip the scale in favor of your deciding to change.

3. \_\_\_\_\_ **High Importance, Low Confidence:** Here the problem is not a willingness to change because such individuals are expressing a desire to change. Instead, the problem is that such individuals typically do not have confidence they could succeed if they tried.

**If you are in this category, ask yourself** (1) why you feel you cannot change; (2) what is interfering with your confidence to change; and (3) are there things you can do to increase your confidence?

4. \_\_\_\_\_ **High Importance, High Confidence:** Such individuals not only feel that it is important to change, but also believe they can succeed and appear very ready to change.

**If you are in this category,** then it appears you are at a good stage in the change process.