

CLIENT HANDOUT 4.7

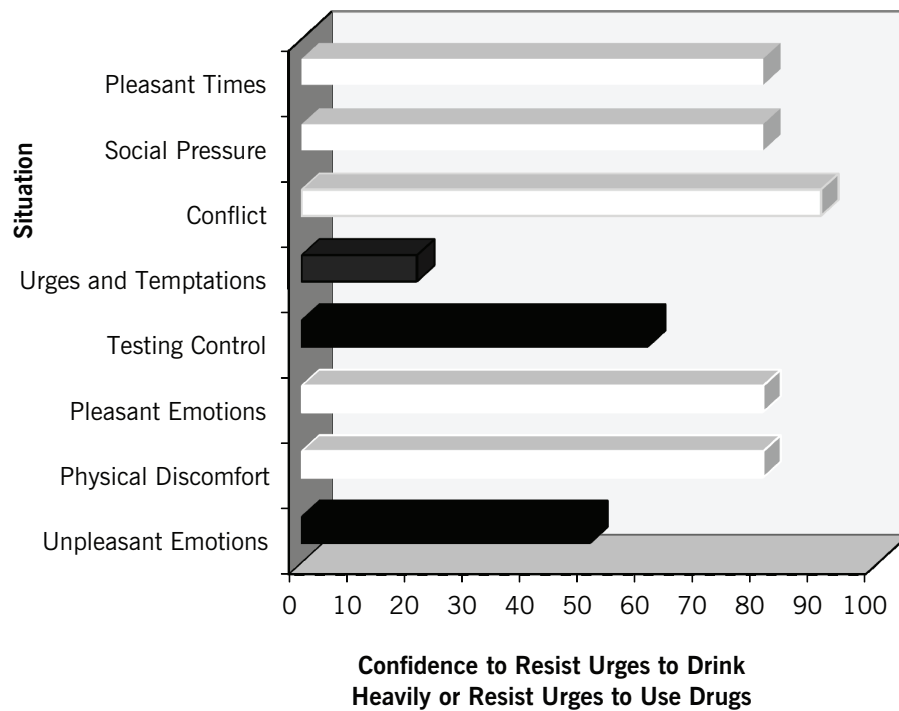
Sample BSCQ Alcohol or Drug Use Profile from the Assessment
Individual and Group Session 2

YOUR SELF-CONFIDENCE PROFILE

The following graph shows your confidence that you could resist drinking heavily or resist urges to use drugs in different situations. Situations in which 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 resisting urges to use drugs.

How Confident Are You?

The three situations in which you indicated you had the lowest confidence in your ability to resist drinking heavily or resist using drugs are highlighted in **BLACK** below.



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