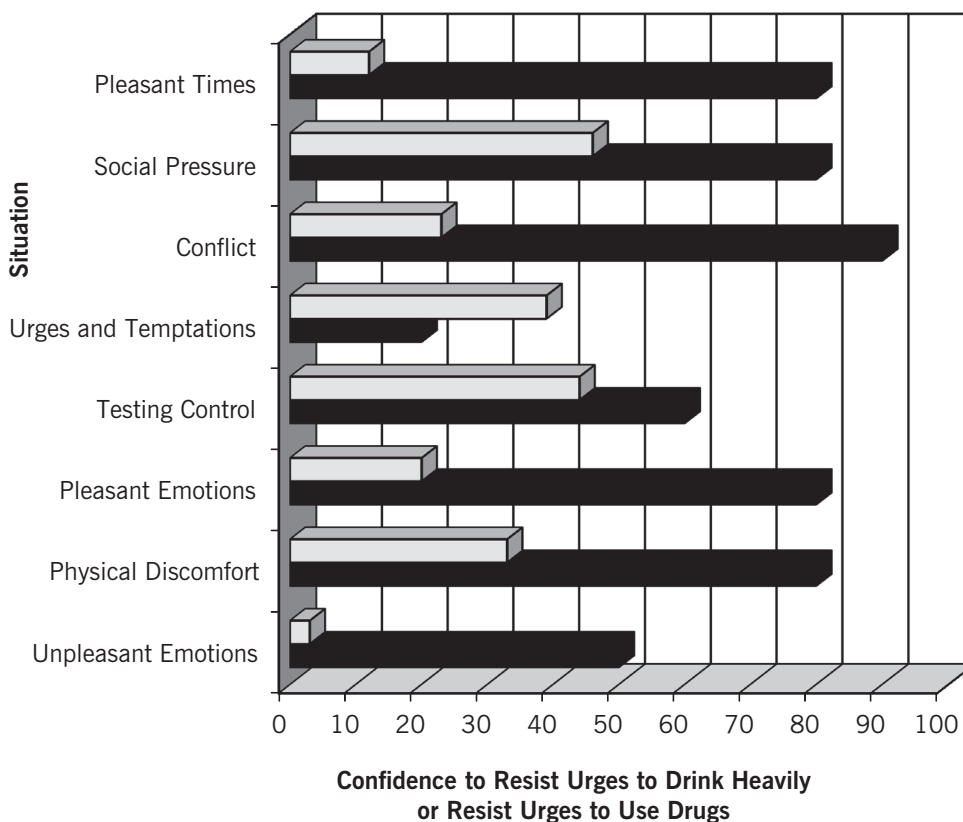


Sample BSCQ Alcohol or Drug Use Profile from the Assessment and Session 3 *Individual and Group Session 4*

YOUR SELF-CONFIDENCE PROFILE

How Confident Are You?

The following graph shows your confidence that you could resist drinking heavily or resist urges to use drugs in different situations. The **GRAY** bars show your confidence when you started the program and the **BLACK** bars show how confident you are now. Situations in which you have low confidence are more likely to pose a risk for you. Remember, you may need to avoid situations in which you still have low confidence that you can resist drinking heavily or resist urges to use drugs, or learn to deal with them differently.



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