TABLE 4.2. BSCQ: Eight Categories of High-Risk Situations[a] and Shorthand Names of Profiles

High-risk situations

1. Unpleasant Emotions (e.g., *"If I were depressed in general"; "If everything was going badly for me."*).
2. Physical Discomfort (e.g., *"If I would have trouble sleeping"; "If I felt jumpy and physically tense."*)
3. Pleasant Emotions (e.g., *"If something good happened and I felt like celebrating"; "If things were going well."*)
4. Testing Personal Control (i.e., over substance use; e.g., *"If I would start to believe that alcohol or drug use was no longer a problem for me"; "If I would feel confident that I could handle a few drinks or use drugs."*)
5. Urges and Temptations (e.g., *"If I would suddenly have an urge to drink or use drugs"; "If I would be in a situation in which I was in the habit of having a drink or using drugs."*).
6. Conflict with Others (e.g., *"If I had an argument with a friend"; "If I wasn't getting along with others at work."*).
7. Social Pressure to Drink (e.g., *"If someone would pressure me to 'be a good sport' and have a drink"; "If I would be invited to someone's home and they would offer me a drink."*)
8. Pleasant Times with Others (e.g., *"If I wanted to celebrate with a friend"; "If I would be enjoying myself at a party and wanted to feel even better."*)

Shorthand names of profiles

- Good Times: Use is primarily related to positive affective states; for this profile the following two high-risk categories reflect low self-confidence—*pleasant emotions and pleasant times with others.*
- Good Times, Social Pressure: Use is primarily related to positive affective states and social pressure; for this profile the *social pressure* category reflects low self-confidence and at least one of the following two high-risk categories also reflect low self-confidence—*pleasant emotions* and *pleasant times with others.*
- Negative Affective: Use is primarily related to negative affective states; for this profile two of the three following high-risk categories reflect low self-confidence—*unpleasant emotions, conflict with others, physical discomfort.*
- Testing Personal Control: Use primarily reflects trying to limit one's alcohol or drug use; for this profile the category of *testing personal control* reflects low self-confidence.
- Affective: Use is primarily related to at least one positive and one negative affective state; for this profile at least one of following three high-risk categories reflects low self-confidence—*unpleasant emotions, conflict with others, physical discomfort;* and at least one of the following two high-risk categories reflects low self-confidence—*pleasant emotions* and *pleasant times with others.*
- Undifferentiated Flat: Use is primarily associated with daily alcohol or drug use; although the self-confidence level can vary, this profile lacks distinct peaks for any of the eight high-risk categories.

[a]Situations clients reported as precipitants to relapse (Marlatt & Donovan, 2005).