

## Brief Situational Confidence Questionnaire (BSCQ)

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

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

Listed below are eight types of situations in which some people experience an alcohol or drug problem. Imagine yourself as you are right now in each of the following types of situations. Indicate on the scale provided how confident you are right now that you will be able to resist drinking heavily or resist the urge to use your primary drug in each situation by placing an "X" along the line, from 0% "Not at all confident" to 100% "Totally confident" as in the example below.

I feel ...



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Right now I would be able to resist the urge to drink heavily or use my primary drug in situations involving...

1. UNPLEASANT EMOTIONS (e.g., If I were depressed about things in general; if everything were going badly for me).



2. PHYSICAL DISCOMFORT (e.g., If I were to 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 everything were going well).



Right now I would be able to resist the urge to drink heavily or use my primary drug in situations involving...

4. TESTING CONTROL OVER MY USE OF ALCOHOL OR DRUGS (e.g., If I were to start to believe that alcohol or drugs were no longer a problem for me; if I felt confident that I could handle drugs or several drinks).



5. URGES AND TEMPTATIONS (e.g., If I suddenly had an urge to drink or use drugs; if I were in a situation where I had often used drugs or drank heavily).



6. CONFLICT WITH OTHERS (e.g., If I had an argument with a friend; if I were not getting along well with others at work).



7. SOCIAL PRESSURE TO USE (e.g., If someone were to pressure me to "be a good sport" and drink or use drugs with him; if I were invited to someone's home and he offered me a drink or drugs).



8. PLEASANT TIMES WITH OTHERS (e.g., If I wanted to celebrate with a friend; if I were enjoying myself at a party and wanted to feel even better).

