

# **Substance Using Behaviors**

Participant Self-evaluation

Unique Client ID:	Assessment Type:	☐ Pre	□ Post
Facilitator:	Session Type:	☐ Group	☐ Individual
Organization:	Date Completed:	/_	/

Circle the number that best represents your level of agreement. Then, have your facilitator calculate the average score for each category (Attitudes, Knowledge and Skills).

Attitudes	Strongly Agree	<u>Agree</u>	<u>Disagree</u>	Strongly Disagree	
1. I have positive thoughts and feelings about making changes to my alcohol and other drug use.	1	2	3	4	
2. I have a desire to make changes to my substance using behaviors.	1	2	3	4	
3. I believe my substance using behaviors played a role in my involvement in the criminal justice system.	1	2	3	4	
4. I am concerned by the negative consequences I have experienced as a result of my alcohol and other drug use.	1	2	3	4	

Attitudes Average (Total  $\div$  4) =

## Knowledge

<ol><li>I have weighed the reasons to change against the costs of staying the same.</li></ol>	1	2	3	4	
6. I have identified my risk factors for alcohol and other drug use (psychological, social and biological).	1	2	3	4	
7. I have identified the life areas (social life, work and school, physical health, etc.) that are affected by my alcohol and	1	2	3	4	

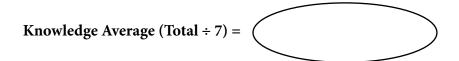
other drug use.



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	<u>Strongly</u> <u>Agree</u>	<u>Agree</u>	<u>Disagree</u>	Strongly Disagree	
Knowledge (continued)					
8. I know the people, places and things that are a negative influence for me.	1	2	3	4	
9. I know the people, places and things that are a positive influence for me.	1	2	3	4	
<ol><li>I know which of my feelings lead to alcohol and other d use.</li></ol>	rug 1	2	3	4	
11. I am aware of my high-risk self-talk that leads to alcoho and other drug use.	l 1	2	3	4	



#### **Skills**

12. I have set behavior change goals that are realistic, prosocial and meaningful.	1	2	3	4	
13. I have demonstrated an ability to effectively respond to peer pressure.	1	2	3	4	
14. I have challenged my high-risk self-talk about alcohol and other drug use.	1	2	3	4	
15. I use strategies and techniques to cope with high-risk feelings (relaxation, time-outs, meditation, etc.)	1	2	3	4	
16. I engage in healthy behaviors and activities as a substitute for alcohol and other drug use.	1	2	3	4	

Skills Average (Total ÷ 5) =

## **Overall Score**

Overall Average (Overall Total ÷ 16) =