

THE FOLLOWING STATEMENTS MAY PLAY A PART IN MAKING A DECISION ABOUT USING ALCOHOL. WE WOULD LIKE TO KNOW HOW IMPORTANT EACH STATEMENT IS TO YOU AT THE PRESENT TIME IN RELATION TO MAKING A DECISION ABOUT YOUR USING ALCOHOL. PLEASE RATE THE LEVEL OF IMPORTANCE TO EACH STATEMENT ON THE FOLLOWING 5 POINT SCALE :

- 1=Not important at all
- 2=Slightly important
- 3=Moderately important
- 4=Very important
- 5=Extremely important

PLEASE READ EACH STATEMENT AND CIRCLE THE NUMBER ON THE RIGHT TO INDICATE HOW YOU RATE ITS LEVEL OF IMPORTANCE AS IT RELATES TO YOUR MAKING A DECISION ABOUT WHETHER TO DRINK AT THE PRESENT TIME.

How important is this to me?	Importance in making a decision about drinking:				
	Not at all	Slightly	Moderately	Very	Extremely
1) My drinking causes problems with others.	1	2	3	4	5
2) I like myself better when I am drinking.	1	2	3	4	5
3) Because I continue to drink some people think I lack the character to quit.	1	2	3	4	5
4) Drinking helps me deal with problems.	1	2	3	4	5
5) Having to lie to others about my drinking bothers me.	1	2	3	4	5
6) Some people try to avoid me when I drink.	1	2	3	4	5
7) Drinking helps me to have fun and socialize.	1	2	3	4	5
8) Drinking interferes with my functioning at home or/and at work.	1	2	3	4	5
9) Drinking makes me more of a fun person.	1	2	3	4	5
10) Some people close to me are disappointed in me because of my drinking.	1	2	3	4	5

Alcohol Decisional Balance Scale

Client ID# _____

Date: ____/____/____

Assessment Point: _____

How important is this to me?	Importance in making a decision about drinking:				
	Not at all	Slightly	Moderately	Very	Extremely
11) Drinking helps me to loosen up and express myself.	1	2	3	4	5
12) I seem to get myself into trouble when drinking.	1	2	3	4	5
13) I could accidentally hurt someone because of my drinking.	1	2	3	4	5
14) Not drinking at a social gathering would make me feel too different.	1	2	3	4	5
15) I am losing the trust and respect of my coworkers and/or spouse because of my drinking.	1	2	3	4	5
16) My drinking helps give me energy and keeps me going.	1	2	3	4	5
17) I am more sure of myself when I am drinking.	1	2	3	4	5
18) I am setting a bad example for others with my drinking.	1	2	3	4	5
19) Without alcohol, my life would be dull and boring.	1	2	3	4	5
20) People seem to like me better when I am drinking.	1	2	3	4	5