

## 10-Item Self-Scoring Self-Control Scale

### Instructions:

Read each of the following statements and check the box that best describes you. Add up the numbers in the boxes you checked to get a total, and then divide by 10 for your score. The maximum score on the scale is 5 (extremely self-controlled) and the lowest score on the scale is 1 (not at all self-controlled). Your score will give you an idea of your current tendencies to control and consciously choose your actions.

	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
Others say I am very self-disciplined.	1	2	3	4	5
If I know something is not good for me, I choose not to do it.	1	2	3	4	5
I am good at resisting when I am feeling tempted.	1	2	3	4	5
I am good at staying focused on my long-term goals.	1	2	3	4	5
I do what I want even if it is bad.	5	4	3	2	1
It is difficult for me to rid myself of bad habits.	5	4	3	2	1
I wish I was better at resisting temptation.	5	4	3	2	1
I find it hard to focus on my responsibilities if I have the chance to do something fun.	5	4	3	2	1
Sometimes even when I know something is wrong, I can't resist doing it.	5	4	3	2	1
I tend to act before thinking through a decision.	5	4	3	2	1

## Strengthening Your Self-Control Muscle

Identify areas where you need self-control strength to change your substance use:

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Identify two things you can do this week to strengthen your self-control muscle:

1. \_\_\_\_\_
2. \_\_\_\_\_

Identify daily activities and struggles where you are using your "self-control muscle" to manage or cope:

1. \_\_\_\_\_
  2. \_\_\_\_\_
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## The Most Tempting Times for Me Are ...

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**Instructions:**

Circle the situations below in which you would be most tempted to use alcohol or drugs. (Circle as many situations as you need.) Then total the circles for each column and write it on the line at the bottom.

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
When I am feeling depressed.	When I have a headache.	When I am on vacation and want to relax.	When I am having withdrawal symptoms.
When I am very worried.	When I am concerned about someone.	When I am offered a drink or drug in a social situation.	When I have the urge to try just one drink or drug.
When I feel like blowing up because of frustration.	When I dream about using alcohol or drugs.	When I see others drinking or using drugs at a bar or party.	When I want to test my willpower.
When I feel that everything is going wrong for me.	When I am physically tired.	When people I used to drink or do drugs with encourage me to drink or use drugs.	When I am feeling a physical need or craving.
When I am feeling angry inside.	When I'm experiencing some physical pain or injury.	When I am excited or celebrating with others.	When I have an urge or impulse to take a drug or drink that catches me unprepared.
<b>Total:</b> _____	<b>Total:</b> _____	<b>Total:</b> _____	<b>Total:</b> _____

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## When Am I Most Tempted?

<p><b>A</b> When I have negative feelings</p>	<p><b>B</b> When I have physical and other troubles</p>	<p><b>C</b> When I am in social or positive situations</p>	<p><b>D</b> When I am struggling with withdrawal</p>
<p>This category represents temptation to use when you are upset emotionally, like when you feel sad or worried.</p> <p>It also represents temptation to use when you are having a bad day and everything is going wrong for you. Or, when you are feeling frustrated and angry.</p>	<p>This category represents temptation to use when you are not feeling well physically or when you are in pain. This might include when you have a headache or when you are physically tired.</p> <p>This category also represents temptation to use when you are worried about someone or even when you dream about using alcohol or drugs.</p>	<p>This category represents temptation to use during times when you are in social situations or just "hanging out" with your friends. Or, when people you used to use alcohol and drugs with are drinking or high and they want you to join in.</p> <p>It also represents times when you want to celebrate something good, or when you just want to relax and have fun.</p>	<p>This category represents temptation to use when you are experiencing cravings and urges, or when you are having withdrawal symptoms.</p> <p>Withdrawal symptoms include DT's (seeing things that are not really there), shakes, hot or cold flashes, vomiting, and so on. These things happen because the body has become used to having alcohol or drugs in its system, and is trying to get used to living without them.</p>
<p>How confident are you that you would not use alcohol or other drugs in this type of situation?</p> <p>Not at all confident                      Very confident</p> <p>1   2   3   4   5</p>	<p>How confident are you that you would not use alcohol or other drugs in this type of situation?</p> <p>Not at all confident                      Very confident</p> <p>1   2   3   4   5</p>	<p>How confident are you that you would not use alcohol or other drugs in this type of situation?</p> <p>Not at all confident                      Very confident</p> <p>1   2   3   4   5</p>	<p>How confident are you that you would not use alcohol or other drugs in this type of situation?</p> <p>Not at all confident                      Very confident</p> <p>1   2   3   4   5</p>

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## HANDOUT A/M-5.1. To Manage Cravings and Urges I Can...

### ACKNOWLEDGE THE CRAVING OR URGE

State out loud that I am having a craving or urge to use alcohol or drugs.

### DELAY

If you were to take a "time-out" for 10 minutes until the cravings or urges subsided, what are some other things you might do instead during this period?

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### CHALLENGE YOUR MALADAPTIVE THOUGHTS

1. Ask myself questions such as:
  - "What thoughts am I having?"
  - "Could these thoughts tempt me to use?"
  - "What expectations do I have about the alcohol or drug use?"
  - "Are these realistic expectations?"
  - "What are the possible consequences of this action?"
  - "If I were in a different mood, place, or time, would I be making the same decision?"
2. Remember the "pros" of abstinence and the "cons" of drinking or drug use.
3. Encourage myself.
  - Remember all the successes I have had.
  - Remember how hard I have tried, and how far I have come.
  - Some of my successes are:

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### DISTRACT YOURSELF

Think of something else. Things I can think of are:

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*(continued)*

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**SUBSTITUTION**

Things that I can substitute for a drink, a drug, or a joint are:

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**DISTRACT YOURSELF**

Physically do something else. Things I can do are:

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**TALK TO SOMEONE**

- I can ask someone else for some support and help.
- The people I can talk to are:

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**AVOID OR LEAVE THE SITUATION**

- I can use these reasons to avoid situations or leave early:

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- Places I can go are:

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