

Brief Situational Confidence Questionnaire (BSCQ)

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 and mark a spot the corresponding line to show your level of confidence

Right now I am confident be able to resist the urge substance abuse in situations involving...

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

0% Not at all confident _____ 100% totally confident

2. **PHYSICAL DISCOMFORT** (e.g., *If I were to have trouble sleeping, felt jumpy and physically tense*)

0% Not at all confident _____ 100% totally confident

3. **PLEASANT EMOTIONS** (e.g., *If something good happened and I felt like celebrating; if everything were going well*)

0% Not at all confident _____ 100% totally confident

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

0% Not at all confident _____ 100% totally confident

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*)

0% Not at all confident _____ 100% totally confident

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*)

0% Not at all confident _____ 100% totally confident

7. **SOCIAL PRESSURE TO USE** (e.g., *If someone were to pressure me to "be a good sport" and drink or use drugs or invited to someone's home and people were substance abusing*)

0% Not at all confident _____ 100% totally confident

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*).

0% Not at all confident _____ 100% totally confident

From Breslin, F. C., Sobell, L. C., Sobell, M. B., & Agrawal, S. (2000). A comparison of a brief and long version of the Situational Confidence Questionnaire. *Behaviour Research and Therapy*, 38(12), 1211-1220. Copyright 2000, with permission from Elsevier