Each statement below describes a strategy or thought that a person might use to help them not use drugs or alcohol. Please bubble the number that best describes how often you made use of each strategy or thought in the PAST WEEK to help you stop using drugs or alcohol.

1. I engage in some physical activity when I get the urge to use drugs or drink...
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - All the time

2. I think about bad experiences I've had after using drugs or alcohol...
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - All the time

3. I avoid people I use or drink with...
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - All the time

4. I stop to think about how my drug use or drinking is hurting people around me...
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - All the time

5. I consider that feeling good about myself includes changing my drug use or drinking behavior...
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - All the time

6. I remove things from my home or work that remind me of using drugs or alcohol...
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - All the time

7. I calm myself when I get the urge to use drugs or drink...
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - All the time

8. I reward myself when I don't give in to my urge to use drugs or alcohol...
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - All the time

9. I find someone to talk to who understands my problems and drug or alcohol use...
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - All the time

10. I use willpower to keep from using drugs or alcohol...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time

11. I ask people not to offer me drugs or alcohol...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time

12. I try to think about other things when I begin to think about using or drinking...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time

13. I encourage people to keep after me about my drug or alcohol use...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time

14. I seek out someone who listens when I want to talk about my drug or alcohol use...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time

15. I remind myself that I can choose to overcome my drug use or drinking if I want to...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time

16. I use reminders to help me not to use drugs or drink...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time

17. I do something else instead of using drugs or drinking when I need to deal with tension...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time

18. I tell myself that if I try hard enough I can keep from using drugs or drinking...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time

19. I leave places where people are using drugs or drinking...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time

20. I seek out social situations where it is OK not to use drugs or drink...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time

21. I seek out groups of people who can increase my awareness about the problems of drug use and drinking...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time

22. I stay away from places or situations associated with my drug or alcohol use...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time

23. I find that doing things is a good substitute for using drugs or drinking...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time

24. I spend time with people who reward me for not using drugs or alcohol...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time

25. I make commitments to myself not to use drugs or alcohol...
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - All the time
Please bubble the number that best describes how often you made use of each strategy or thought in the **PAST WEEK** to help you stop using drugs or alcohol.

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Rarely</th>
<th>Occasionally</th>
<th>Frequently</th>
<th>All the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>26. I stop and think that using drugs or drinking and driving can cause many problems for other people.</td>
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<tr>
<td>27. I think about my physical reactions to drugs and alcohol and remember what a problem it is for me.</td>
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<td>28. I am able to express emotions such as anger or affection without relying on drugs or alcohol.</td>
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<td>29. When I feel angry, I try first to calm myself down.</td>
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<tr>
<td>30. I talk about things that make me angry.</td>
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<tr>
<td>31. I try to find satisfaction (enjoyment) with other people without using drugs or alcohol.</td>
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<tr>
<td>32. If someone offers me drugs or alcohol, I say &quot;no&quot; immediately.</td>
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<tr>
<td>33. If someone offers me drugs or alcohol, I suggest something else to do.</td>
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<tr>
<td>34. I engage in some enjoyable or relaxing activity each day.</td>
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<td>35. I adopt a positive outlook that helps me not use drugs or drink.</td>
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<td>36. I try to remind myself of the good things I have accomplished.</td>
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<td>37. When I am bothered by other people, I tell them about it directly.</td>
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<td>38. I try to tolerate frustration without depending on drugs or alcohol.</td>
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<td>39. When I feel upset, I try to stop or challenge my negative self-talk.</td>
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<td>40. I tell others what is on my mind.</td>
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<td>41. I show interest in what other people have to say and the feelings they express.</td>
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<td>42. I express appreciation when someone does something for me.</td>
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<tr>
<td>43. When someone criticizes me, I try to find some way to deal with it without using drugs or alcohol.</td>
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<td>44. I think of the difficulties in my life as problems to be solved.</td>
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<td>45. I try to think of a number of ways to solve my problems before I take action.</td>
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<td>46. I have a plan to deal with urges to use, if they occur.</td>
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<tr>
<td>47. If I have the urge to use drugs or alcohol, I tell myself that it will go away if I just wait awhile.</td>
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<td>48. Before doing something, I think about whether it will lead to using drugs or alcohol.</td>
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</tbody>
</table>