



Substance Using Behaviors

Participant Self-evaluation

Unique Client ID: _____	Assessment Type: <input type="checkbox"/> Pre <input type="checkbox"/> Post
Facilitator: _____	Session Type: <input type="checkbox"/> Group <input type="checkbox"/> 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

	<u>Strongly Agree</u>	<u>Agree</u>	<u>Disagree</u>	<u>Strongly Disagree</u>
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 ÷ 4) =

Knowledge

5. I have weighed the reasons to change against the costs of staying the same.	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 other drug use.	1	2	3	4



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Strongly Agree Agree Disagree 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
10. I know which of my feelings lead to alcohol and other drug use.	1	2	3	4
11. I am aware of my high-risk self-talk that leads to alcohol and other drug use.	1	2	3	4

Knowledge Average (Total ÷ 7) =

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) =