

# Flex Modules: Post-test

Unique Participant ID: \_\_\_\_\_

1. I have a plan to make sure I don't drink and drive again.
  - a. Definitely true
  - b. Somewhat true
  - c. Neither true nor false
  - d. Somewhat false
  - e. Definitely false
2. In my opinion, random police checks to find impaired drivers are:
  - a. A bad strategy
  - b. Neither good nor bad
  - c. A good strategy
3. I'm \_\_\_\_\_ to change my drinking and/or driving behavior.
  - a. Not at all ready
  - b. A little ready
  - c. Very ready
4. I need to change some of my alcohol or other drug use patterns.
  - a. Strongly disagree
  - b. Disagree
  - c. I don't agree or disagree
  - d. Agree
  - e. Strongly agree
5. I will not go out drinking again unless I have a way to get home without driving myself.
  - a. Strongly disagree
  - b. Disagree
  - c. I don't agree or disagree
  - d. Agree
  - e. Strongly Agree
6. The people in my life whose opinions I value would \_\_\_\_\_ of my driving after drinking.
  - a. Strongly disapprove
  - b. Disapprove
  - c. Neither disapprove or approve
  - d. Approve
  - e. Strongly approve
7. To me, driving after consuming four alcoholic drinks of any kind within an hour is:
  - a. Morally unacceptable
  - b. Not a moral issue
  - c. Morally acceptable
8. I believe that I have \_\_\_\_\_ regarding whether I drive impaired.
  - a. No control
  - b. A little control
  - c. A moderate amount of control
  - d. Quite a bit of control
  - e. Complete control
9. I am confident in my ability to not drink and drive.
  - a. Strongly disagree
  - b. Disagree
  - c. I don't disagree or agree
  - d. Agree
  - e. Strongly agree

10. I am \_\_\_\_\_ to make less risky driving decisions.
- Not at all motivated
  - A little motivated
  - Moderately motivated
  - Very motivated
  - Completely motivated
11. The only true safe Blood Alcohol Content (BAC) for driving is:
- .0 percent
  - .02 percent
  - .05 percent
  - .10 percent
  - A, B and C
12. Which drink(s) below contains more than one standard drink unit:
- 5 oz of wine
  - 12 oz beer
  - 1.5 oz vodka
  - All contain the same amount
13. Which of the following are effective strategies for sobering up before driving:
- Drinking lots of water
  - Drinking coffee
  - Eating
  - Time
  - Taking a cold shower
14. Over the counter or prescription drugs can affect your driving.
- True
  - False
15. Being part of a program like this requires me to:
- Listen
  - Share
  - Actively participate
  - Respect confidentiality
  - All of the above
16. Withdrawal from alcohol:
- Is always harmless
  - Can be dangerous and may require consultation with a medical professional
17. Checking my driving behavior against values that are important to me can:
- Help me better match my behavior and values in the future
  - Help me identify differences between what is important to me and what I've done
  - Help me identify different behaviors that can help me avoid driving impaired
  - All of the above
  - None of the above
18. Completing a daily chart and recording times, places and situations where I am likely to choose to drink may help with:
- Recognizing how much I drink
  - Understanding triggers for drinking
  - Understanding consequences of drinking
  - Identify risky situations for drinking and driving
  - All of the above

19. Sam is at a work party at his office where alcohol is served. He is supposed to leave by 8pm to pick up his son from a friend's house. Sam thinks to himself, "I have a couple of hours before I need to leave. Plus everyone here is drinking, so why shouldn't I drink too?" He feels happy about getting to party with his co-workers and has five drinks over the next two hours. He drives to pick up his son impaired. More effective self-talk would have been Sam thinking to himself:
- I need to pick up my son in a few hours. My son is important to me. I better not drink if I am driving.
  - I deserve to drink. My job is hard.
  - Everyone else is drinking, and there are people who will for sure drink more than me. I'm sure that they will be driving home.
  - A few glasses of wine isn't a big deal. Wine doesn't get me as drunk as liquor. I'm smart enough not to get a DUI.
  - I can just skip the freeway and take the side streets.
20. The most effective way(s) to maintain positive change include:
- Avoiding risky situations entirely
  - Wearing a superman cape
  - Identifying situations that put you at risk
  - Managing risky events by having strategies prepared ahead of time
  - A, C and D
21. Only negative feelings lead to risky behaviors.
- True
  - False
22. John feels sad after getting a bad review at work. When this has happened in the past, he stops at the bar on the way home and drinks until he doesn't feel bad anymore. What would be a more effective way to manage these feelings?
- Going for a run
  - Picturing himself on the beach in Hawaii, relaxing at looking at the ocean
  - Focusing on his breathing
  - Talking to a responsible friend
  - All of the above
23. An impaired driving offense creates a ripple effect of losses and consequences including:
- Financial consequences
  - Freedom
  - Time
  - Job/professional opportunities
  - All of the above
24. When you've decided you want to change and you start getting ready, you are in the \_\_\_\_\_ stage of change.
- Stage 1: Not thinking about change
  - Stage 2: Thinking about changing
  - Stage 3: Preparing for action
  - Stage 4: Taking action
  - Stage 5: Maintaining change
25. An effective strategy for change across all stages is:
- Making a commitment
  - Imagining yourself as a role model
  - Learn the facts
  - Ask for help
  - Use rewards

26. Apart from the use of substances, other risky behaviors include:
- Texting
  - Driving while drowsy
  - Smoking
  - Eating
  - All of the above
27. The change process:
- Is often a forward and backward process
  - Always requires professional help
  - Requires a public commitment to change
  - Can't begin until you've hit bottom
  - None of the above
28. To say "no" in the most effective way you:
- Start with maybe and then slowly move your position to "no" after having a long conversation.
  - Get in the person's face and say "no" as aggressively as possible. Bonus points if you shake your fists at the person or jump up and down and stomp your feet.
  - Start to cry so that the person feels bad for you and doesn't pressure you anymore.
  - You shouldn't say no to people because it can hurt their feelings.
  - Begin with the word "no," be brief, don't reveal more than you need to, and prevent future attempts to get you to engage in the behavior.
29. An example of a SMART goal is:
- I will drink in a better way
  - I will cut down on my drinking to one drink per day.
  - I will be more careful
  - I will never allow anyone to say it is okay to drink and drive again
  - I will win the lottery and buy an island
30. A commitment to change usually begins with the words:
- I want to...
  - I'm thinking about...
  - I will...
  - I need to...
  - I'm able to...
31. Physical dependence is about:
- Having an alcohol use disorder
  - Needing the substance to cope with negative emotions you are feeling
  - It taking more of the drug to get the same effect or becoming ill when you stop using
  - The way alcohol or other drugs affects your social life
  - Your physical appearance changing as a result of using substances
32. Consequences of use include:
- Feeling bad about yourself
  - Your family being hurt
  - Making risky behaviors when under the influence
  - Driving a vehicle while under the influence
  - All of the above

33. Problem use indicates:

- a. Having one negative experience with alcohol or other drugs
- b. Having any consequences related to using alcohol or other drugs
- c. A pattern of repeated behavior with alcohol and other drugs often having a negative effect on your physical, emotional and social well-being
- d. Being an “addict”
- e. Needing to go to treatment

34. People change when:

- a. Someone forces them to do it
- b. They lose everything and are on the street
- c. When the person decides the reasons to change outweigh the reasons to keep things the same
- d. When they get in enough legal trouble
- e. When their family threatens them