

Name: _____ Date: _____

Inventory of Drug-Taking Situations (IDTS-8)

Is this your PRIMARY substance of abuse?

or

your SECONDARY substance of abuse?

(check one box)

IDENTIFYING CAUSES

The first step in trying to change your substance use habits and patterns is to identify the reasons that led to your use of alcohol or other drugs. Below are eight typical causes (“trigger situations”).

Think of your drinking or other drug use **over the past year**, and circle any that apply to you.

1. *unpleasant emotions* (e.g., when I was angry, frustrated, bored, sad or anxious)
2. *physical discomfort* (e.g., when I was feeling ill or in pain)
3. *pleasant emotions* (e.g., when I was enjoying myself or just feeling happy)
4. *testing personal control* (e.g., when I started to believe I could handle alcohol or drugs)
5. *urges and temptations* (e.g., when I walked by a pub or saw something that reminded me of drinking or drug use)
6. *conflict with others* (e.g., when I had an argument or was not getting along with someone)
7. *social pressures* (e.g., when someone offered alcohol or drugs)
8. *pleasant times with others* (e.g., when I was out with friends or at a party).

In terms of how often I drink or use drugs in each of the above situations, I would rank the “trigger situations” that I have circled above as follows:

1st (most frequent): _____

2nd (in frequency): _____

3rd (in frequency): _____

(Depending on time available at this session, the next exercise might be a take-home assignment.)

AREAS OF RISK

Think about your drinking or other substance use in the last 12 months in each of the following situations. If you NEVER drank heavily or used other drugs in that situation, you would circle “0.” If you ALMOST ALWAYS drank heavily or used other drugs in that situation, you would circle “100%.” If your answer falls somewhere in between, place an **X** along the line so that it shows about how close to 0% or 100% you think is appropriate. In the example below, the **X** shows that the person drank heavily or used other drugs a little less than half the time in a particular risk situation.

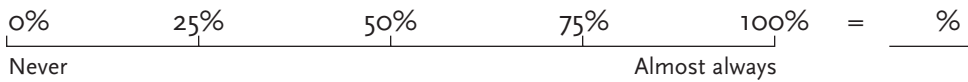
EXAMPLE

In the last 12 months I drank heavily or used other substances:



In the last 12 months I drank heavily or used other substances when I was experiencing:

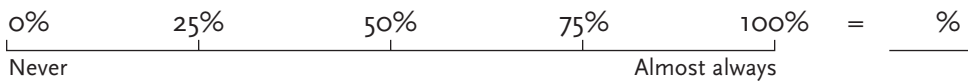
1. *Unpleasant emotions*



2. *Physical discomfort*



3. *Pleasant emotions*



4. *Testing personal control*



5. *Urges and temptations*



6. *Conflict with others*



7. *Social pressures*



8. *Pleasant times with others*



Adapted from: H.M. Annis and G. Martin, Inventory of Drug-Taking Situations (4th ed.). Toronto: Addiction Research Foundation © 1985