

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Situational Confidence Questionnaire (SCQ-8)

Complete Part 1 with your therapist. You can complete Part 2 either during the session with your therapist or as a homework assignment. If you complete it at home, bring it with you to your next appointment.

### PART 1: IDENTIFYING CAUSES

In order to change your substance use habits and patterns for good, you need to identify the reasons that lead to your use of alcohol or other drugs. Eight typical causes, or “trigger situations,” are outlined below.

Which ones have tended to trigger your substance use over the past year?  
(Check any or all that apply.)

- unpleasant emotions  
(e.g., when angry, frustrated, bored, sad or anxious)
- physical discomfort  
(e.g., when feeling ill or in pain)
- pleasant emotions  
(e.g., when enjoying yourself or just feeling happy)
- testing personal control  
(e.g., when you started to believe you could handle alcohol or other drugs)
- urges and temptations to use  
(e.g., when walking by a pub or after seeing something that reminded you of drinking or other drug use)
- conflict with others  
(e.g., after an argument or when not getting along with someone)
- social pressure to use  
(e.g., when someone offered you alcohol or other drugs)
- pleasant times with others  
(e.g., when out with friends or at a party).

Rank the trigger situations you checked above in terms of how frequently they are linked to problem drinking or other drug use:

Rank 1 (most frequently a problem): \_\_\_\_\_

Rank 2 (next most frequent): \_\_\_\_\_

Rank 3 (next most frequent): \_\_\_\_\_

