



Center	Participant #	Participant Initials	Week	Sequence
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	Date		Staff ID	
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	mo. da. yr.			

Situation	Confident to abstain from alcohol (not drink any alcohol)				
	Not at all	Not very	Moderately	Very	Extremely
10) When I want to test my will power over drinking.	1	2	3	4	5
11) When I am feeling a physical need or craving for alcohol.	1	2	3	4	5
12) When I am physically tired.	1	2	3	4	5
13) When I am experiencing some physical pain or injury.	1	2	3	4	5
14) When I feel like blowing up because of frustration.	1	2	3	4	5
15) When I see others drinking at a bar or a party.	1	2	3	4	5
16) When I sense everything is going wrong for me.	1	2	3	4	5
17) When people I used to drink with encourage me to drink.	1	2	3	4	5
18) When I am feeling angry inside.	1	2	3	4	5
19) When I experience an urge or impulse to take a drink that catches me unprepared.	1	2	3	4	5
20) When I am excited or celebrating with others.	1	2	3	4	5