

Alcohol and Drug Consequences Questionnaire

Acquiring new behaviors has costs (negatives) and benefits (positives). Positives are the behavior's enjoyable effects while the negatives are those things that you and others dislike. Think about how you would like your drinking behaviors to be in the future. Based on these future plans, please rate each of the following items. (If you do not drink at all, you can still fill this out: Just answer it according to what you think would happen to you if you did drink.)

Positive/Negative of New Drinking Behaviors	Not Important	Slightly Important	Moderately Important	Very Important	Extremely Important	Not Applicable
1. I will feel better physically.	1	2	3	4	5	0
2. I will have difficulty relaxing.	1	2	3	4	5	0
3. I will change a lifestyle I enjoy.	1	2	3	4	5	0
4. I will have fewer problems with my family.	1	2	3	4	5	0
5. I will feel frustrated and anxious.	1	2	3	4	5	0
6. I will have more money to do other things with.	1	2	3	4	5	0
7. I will be more active and alert.	1	2	3	4	5	0
8. I will get depressed.	1	2	3	4	5	0
9. I will have fewer problems with friends.	1	2	3	4	5	0
10. I will feel better about myself.	1	2	3	4	5	0

Positive/Negative of New Drinking Behaviors	Not Important	Slightly Important	Moderately Important	Very Important	Extremely Important	Not Applicable
11. I will regain some self-respect.	1	2	3	4	5	0
12. I will accomplish more of the things I want to get done.	1	2	3	4	5	0
13. I will have a better relationship with my family.	1	2	3	4	5	0
14. I will have difficulty coping with my problems.	1	2	3	4	5	0
15. I will feel withdrawal or craving.	1	2	3	4	5	0
16. I will have too much time on my hands.	1	2	3	4	5	0
17. I will have difficulty not drinking or using drugs.	1	2	3	4	5	0
18. My health will improve.	1	2	3	4	5	0
19. I will live longer.	1	2	3	4	5	0
20. I will be more in control of life.	1	2	3	4	5	0
21. I will feel bored.	1	2	3	4	5	0
22. I will be irritable.	1	2	3	4	5	0
23. I will be more financially stable.	1	2	3	4	5	0
24. I will miss the taste.	1	2	3	4	5	0
25. I will have a better relationship with my friends.	1	2	3	4	5	0

Positive/Negative of New Drinking Behaviors	Not Important	Slightly Important	Moderately Important	Very Important	Extremely Important	Not Applicable
26. I will feel stressed out.	1	2	3	4	5	0
27. I will save more money.	1	2	3	4	5	0
28. I will miss the feeling of being high.	1	2	3	4	5	0