

# Resisting Pressure & Temptation

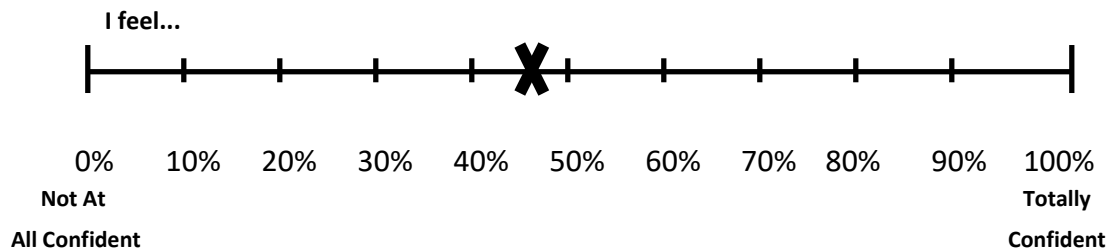
## Brief Situational Confidence Questionnaire (BSCQ)



Listed on the next two pages are 8 different situations in which some people experience problems related to their alcohol use, drug use, or compulsive behavior such as technology overuse or pornography use. The questions are to be answered in relation to your alcohol/drug use or the primary behavior for which you think you should stop or cut back on.

### EXAMPLE:

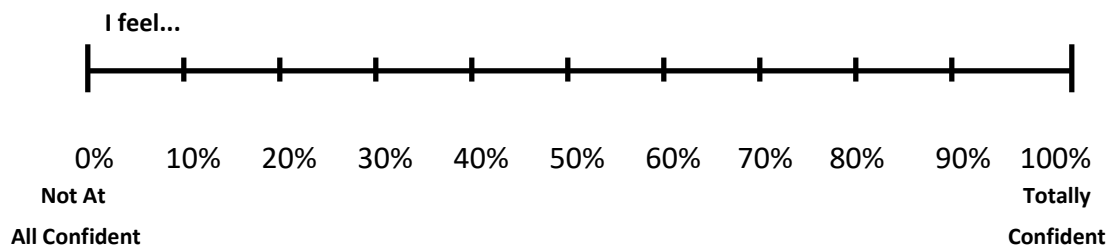
Imagine yourself as you are **right now** in each of the following types of situations. Indicate on the scale provided how confident you are **right now** that you would be able to resist drinking/drugging heavily or resist the urge to use your primary compulsive behavior in each situation by placing an **“X”** along the line, from **0% “Not At All Confident”** to **100% “Totally Confident”**, as in the example below.



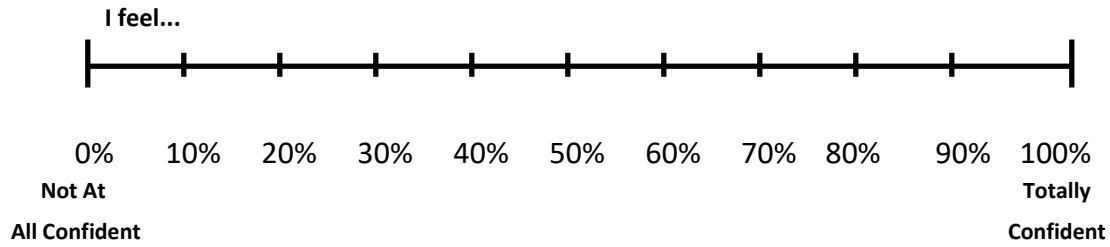
### QUIZ QUESTIONS:

Right now I would be able to resist the urge to drink/drug heavily or resist the urge to use my primary compulsive behavior in situations involving . . .

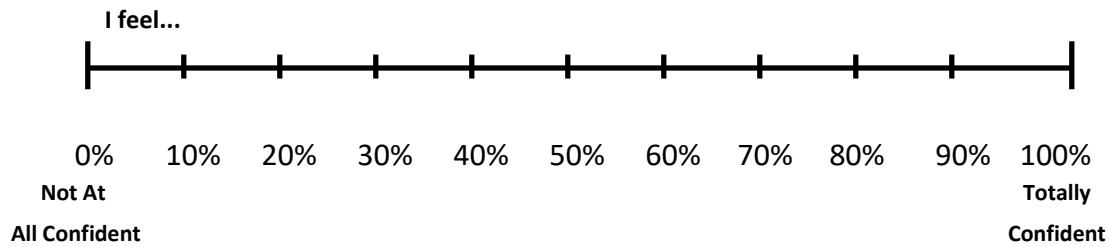
1. **UNPLEASANT EMOTIONS** (e.g., If I were depressed about things in general; If everything was going badly for me).



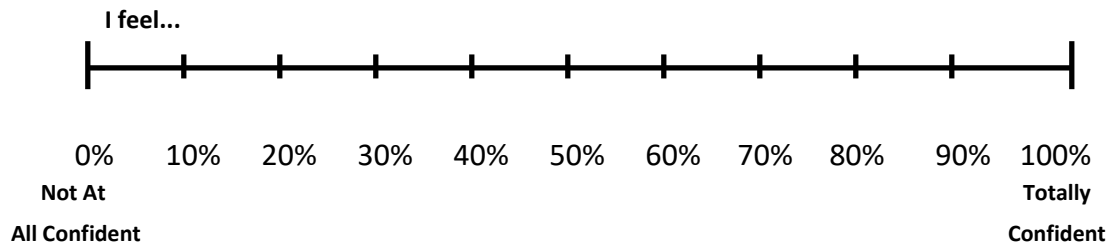
2. **PHYSICAL DISCOMFORT** (e.g., If I would have trouble sleeping; If I felt jumpy and physically tense).



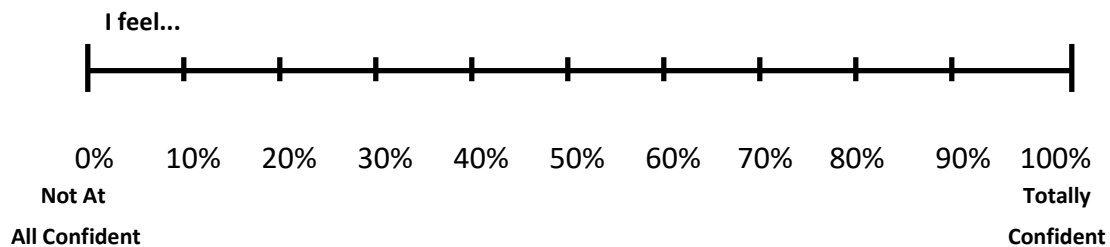
3. **PLEASANT EMOTIONS** (e.g., If something good would happen and I would feel like celebrating; If everything were going well).



4. **TESTING CONTROL OVER MY USE OF ALCOHOL or DRUGS** (e.g., If I would start to believe that alcohol or drugs were no longer a problem for me; If I would feel confident that I could handle drugs or several drinks).

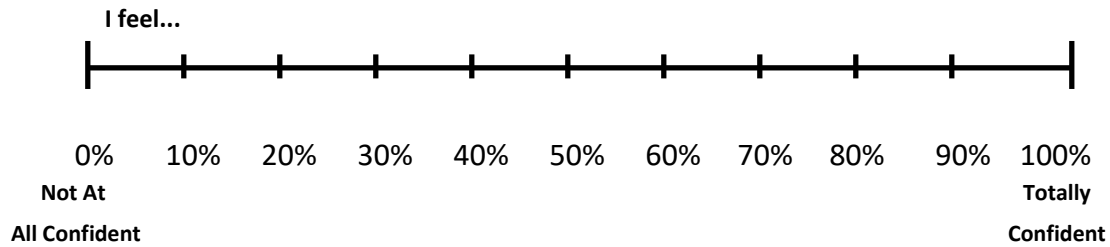


5. **TESTING CONTROL OVER MY Compulsive Behavior** (e.g., If I would start to believe that my compulsive behavior was no longer a problem for me; If I would feel confident that I could handle engaging in my compulsive behavior just a little).

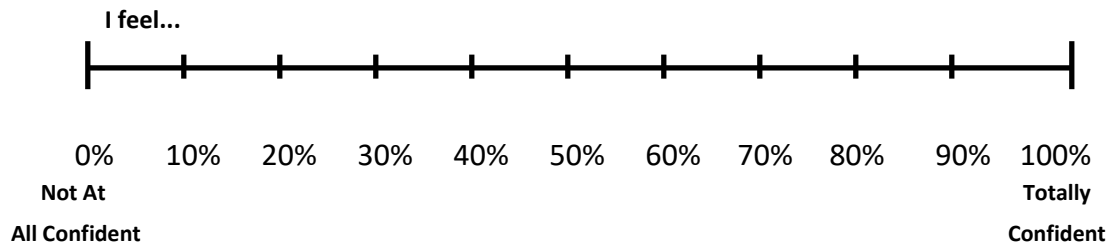


**Right now, I would be able to resist the urge to drink/drug heavily or resist the urge to use my primary compulsive behavior in situations involving....**

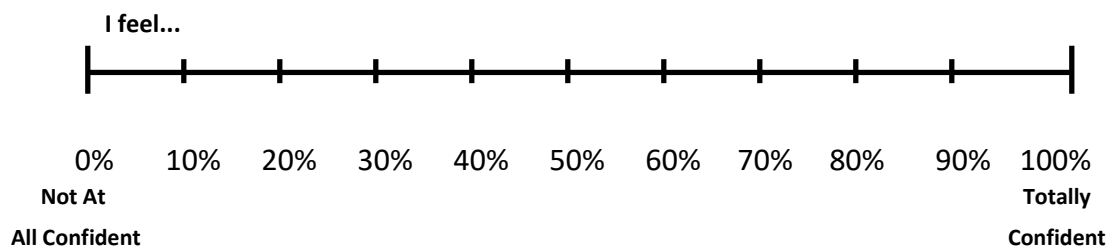
6. **URGES AND TEMPTATIONS** (e.g., If I suddenly had an urge to drink/drug or engage in my compulsive behavior; If I were in a situation where I had often used drugs/drank heavily or engaged in my compulsive behavior; If I began to think of how good a rush or high had felt).



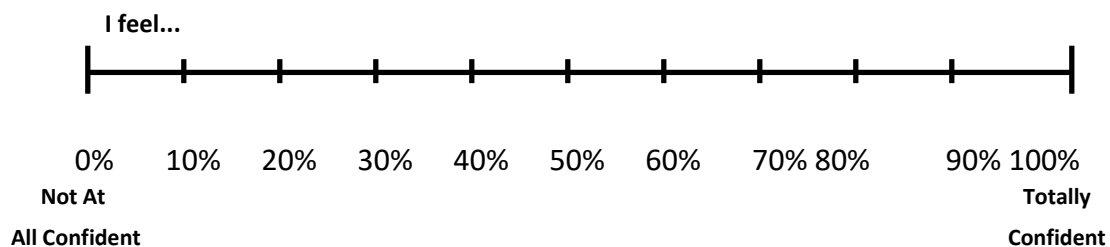
7. **CONFLICT WITH OTHERS** (e.g., If I had an argument with a friend; If I were not getting along well with others at work/school).



8. **SOCIAL PRESSURE TO Use** (e.g., If someone would pressure me to “be a good sport” and drink/use drugs or engage in my compulsive behavior with them; If I would be invited to someone’s home and they would offer me a drink/drugs or suggest that we engage in my compulsive behavior).



9. **PLEASANT TIMES WITH OTHERS** (e.g., If I wanted to celebrate with a friend; If I would be enjoying myself at a party and wanted to feel even better).



# Brief Situational Confidence Questionnaire (BSCQ)

## PROFILES

To determine your profile, check the situations you may have the least confidence in from the answers you gave on the quiz questions.

<b>GOOD TIMES</b>	<b>If the following two scales are low:</b> Pleasant emotions, Pleasant times with others	You may have poor impulse control when feeling good and be more likely to use alcohol/drugs or engage in your compulsive behavior.
<b>Be on guard for:</b> Happy times, accomplishments, task completions		
<b>GOOD TIMES, SOCIAL PRESSURE</b>	<b>If two of the following three scales are low:</b> Pleasant emotions, Pleasant times with others, Social Pressure to use	You may have poor impulse control when feeling good around your peers and be more likely to use alcohol/drugs or engage in your compulsive behavior.
<b>Be on guard for:</b> Happy times with friends, parties, celebrations, sporting events, other enjoyable activities that you used to drink/use/engage in compulsive behavior with peers		
<b>NEGATIVE FEELINGS</b>	<b>If two of the following three scales are low:</b> Unpleasant emotions, Physical discomfort, Conflict with others	You may have poor impulse control when experiencing negative emotions and be more likely to use alcohol/drugs or engage in your compulsive behavior.
<b>Be on guard for:</b> Bad moods, depression, sadness, arguments with others, not getting along with people, feeling sick		
<b>TESTING PERSONAL CONTROL</b>	<b>If two of the following three scales are low:</b> Testing control alcohol/drugs, Testing control compulsive behavior, Urges and Temptations	You may have poor impulse control when trying to limit your substance use or compulsive behavior engagement.
<b>Be on guard for:</b> Thinking about controlling or cutting down, hearing yourself say 'Maybe just one' or 'I'll just do it for 10 minutes'.		
<b>ALL FEELINGS</b>	<b>If two of the following three scales are low:</b> Unpleasant emotions, Pleasant emotions, and Pleasant times with others	You may have poor impulse control when positive or negative emotions and are more like to get triggered to use or engage in a variety of situations.
<b>Be on guard for:</b> Emotional extremes and have a plan or accountability partner to help you cope and support your efforts to abstain		