# Personal Drinking Questionnaire (SOCRATES 8A)

INSTRUCTIONS: Please read the following statements carefully. Each one describes a way that

you might (or might not) feel about your drinking. For each statement, mark one number from 1 to 5, to indicate how much you agree or disagree with it *right now*. Please mark one and only one number for every statement.

1. I really want to make changes in my drinking.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

2. Sometimes I wonder if I am an alcoholic.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

3. If I don't change my drinking soon, my problems are going to get worse.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

4. I have already started making some changes in my drinking.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

5. I was drinking too much at one time, but I've managed to change my drinking.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

6. Sometimes I wonder if my drinking is hurting other people.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

7. I am a problem drinker.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

8. I'm not just thinking about changing my drinking, I'm already doing something about it.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

9. I have already changed my drinking, and I am looking for ways to keep from slipping back to my old pattern.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

10. I have serious problems with drinking.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

11. Sometimes I wonder if I am in control of my drinking.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

12. My drinking is causing a lot of harm.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

13. I am actively doing things now to cut down or stop drinking.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

14. I want help to keep from going back to the drinking problems that I had before.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

15. I know that I have a drinking problem.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

16. There are times when I wonder if I drink too much.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

17. I am an alcoholic.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

18. I am working hard to change my drinking.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

19. I have made some changes in my drinking, and I want some help to keep from going back to the way I used to drink.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

# Personal Drug Use Questionnaire (SOCRATES 8D)

INSTRUCTIONS: Please read the following statements carefully. Each one describes a way that

you might (or might not) feel about your drug use. For each statement, mark one number from 1 to 5, to indicate how much you agree or disagree with it *right now*. Please mark one and only one number for every statement.

1. I really want to make changes in my use of drugs.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

2. Sometimes I wonder if I am an addict.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

3. If I don't change my drug use soon, my problems are going to get worse.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

4. I have already started making some changes in my use of drugs.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

5. I was using drugs too much at one time, but I've managed to change that.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

6. Sometimes I wonder if my drug use is hurting other people.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

7. I have a drug problem.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

8. I'm not just thinking about changing my drug use, I'm already doing something about it.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

9. I have already changed my drug use, and I am looking for ways to keep from slipping back to my old pattern.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

10. I have serious problems with drugs.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

11. Sometimes I wonder if I am in control of my drug use.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

12. My drug use is causing a lot of harm.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

13. I am actively doing things now to cut down or stop my use of drugs.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

14. I want help to keep from going back to the drug problems that I had before.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

15. I know that I have a drug problem.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

16. There are times when I wonder if I use drugs too much.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

17. I am a drug addict.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

18. I am working hard to change my drug use.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

19. I have made some changes in my drug use, and I want some help to keep from going back to the way I used before.

\_1. Strongly Disagree (NO!)

\_2. Disagree (No)

\_3. Undecided or Unsure (?)

\_4. Agree (Yes)

\_5. Strongly Agree (YES!)

For each version (8a and 8d)

Recognition subscale (Re): sum of responses to questions 1, 3, 7, 10, 12, 15, 17 (range 7 – 35)

Total Re Alcohol\_\_\_\_\_\_ Drugs\_\_\_\_\_\_

Ambivalence subscale (Am): sum of responses to questions 2, 6, 11, 16 (range 4 – 20)

Total Am Alcohol\_\_\_\_\_\_ Drugs\_\_\_\_\_\_

Taking steps subscale (Ts): sum of responses to questions 4, 5, 8, 9, 13, 14, 18, 19 (range 8 – 40)

Total Ts Alcohol\_\_\_\_\_\_ Drugs\_\_\_\_\_\_

Notes:

SOCRATES is an experimental instrument designed to assess readiness for change in alcohol abusers. The instrument yields three factorially-derived scale scores: Recognition (Re), Ambivalence (Am), and Taking Steps (Ts). It is a public domain instrument and may be used without special permission.

Reference

Miller, W. R., & Tonigan, J. S. (1996). Assessing drinkers' motivation for change: The Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES). *Psychology of Addictive Behaviors* 10, 81-89.