

Solution-focused Scale for Alcohol Use

Name:

Date:

Please answer all questions. For each item, indicate the degree to which it occurs.

		Seldom	Sometimes	Pretty much	Very much
I. Skill Level	1. I eat while I am drinking				
	2. I have no more than 4 drinks per occasion				
	3. I have no more than 20 drinks per week				
	4. I monitor my drinking				
	5. I measure each drink				
	6. I space my drinks				
	7. I dilute my drinks				
	8. I sip my drinks slowly				
II. Internal controls	1. I handle social pressure to drink				
	2. I drink without physical problems				
	3. I feel comfortable discussing drinking				
	4. I sometimes overcome the urge to drink				
	5. I analyse my "slip ups"				
	6. I can stop after 1 or 2 drinks				
III. External controls	1. I drink with other people				
	2. I have friends who do not drink				
	3. My spouse./family support my goal				
	4. I exercise regularly				
	5. I engage in social activities sober				
	6. I plan for drinking occasions				
IV. Coping statements	1. I feel great in the morning				
	2. It is easy for me to relax				
	3. I sleep well at night				
	4. I can enjoy myself while sober				
	5. My spouse/family is proud of me				
	6. I take life one day at a time				
V. Self esteem	1. I feel I am a likeable person				
	2. My friends think highly of me				
	3. Other people like to talk to me				
	4. I feel I am a good person				
	5. I have a good sense of humour				
	6. I feel proud not drinking				
	7. I feel confident about myself				
	8. People have a good time with me				

(From Brett Brasher. Based on Dolan, 1991.)