

Checklist of Social Pressure Situations

To what extent do you expect that these situations could pose a problem for you in achieving your treatment goals?

	No Problem	Some Problem	Big Problem
1. I am around other people who are drinking and/or using other drugs.			
2. Someone who is important to me is still drinking and/or using other drugs.			
3. Family members disapprove of my not drinking and/or using other drugs.			
4. Friends disapprove of my not drinking and/or using other drugs.			
5. Other people feel uncomfortable because I am not drinking and/or using other drugs.			
6. People offer me a drink and/or other drug.			
7. I am embarrassed to tell other people that I am not drinking and/or using other drugs.			
8. Someone I live with is a drinker and/or uses other drugs.			
9. Most of my close friends drink and/or use other drugs.			
10. I go to parties and celebrations where there is drinking and/or other drug use.			
11. I try to help someone who drinks and/or uses other drugs too much.			
12. Someone I love drinks and/or uses other drugs too much.			