

Goal Choice Evaluation for Alcohol Use

Name: _____ Date: _____

GOAL STATEMENT: ALCOHOL USE PART 1

People usually have several things that they would like to change in their lives. Changing their drinking can be one of those things. What is your current goal? **Please complete either option 1 or 2.**

Remember your goal can change over time.

My current goal is

Option 1: ___ NOT TO DRINK AT ALL. If you checked this goal, GO TO PART 2 on the next page now.

OR

Option 2: ___ TO DRINK ONLY IN CERTAIN WAYS. If you intend to drink *in certain ways*, you should know that **1 Standard Drink is equal to**

- | | |
|-------------------------------|--|
| • 12 oz. of beer (4–5%) | • 5 oz. of <i>table</i> wine (11–12%) |
| • 1½ oz. of liquor or spirits | • 3 oz. of <i>fortified</i> wine (20%) |

If your goal is to drink *in certain ways*, please complete the following statements:

- On the average day when I do drink, I plan to drink no more than ___ standard drinks per day.
- During an average week, I plan to drink on no more than ___ days.
- I plan to drink on less than 1 day per week. Check here: ___
- **I plan to drink ONLY under the following conditions:**

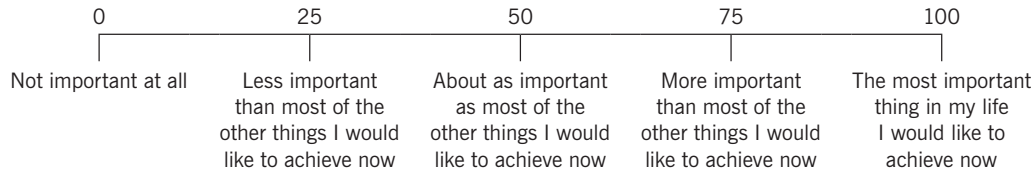
- **I plan NOT TO DRINK AT ALL under the following conditions:**

(cont.)

**IMPORTANCE AND CONFIDENCE OF CHANGING YOUR ALCOHOL USE: HOW READY ARE YOU?
PART 2**

Please answer the next two questions with regard to the drinking goal you just described on the previous page.

At this moment, how important is it that you achieve your goal? Use the following scale to indicate your importance rating.

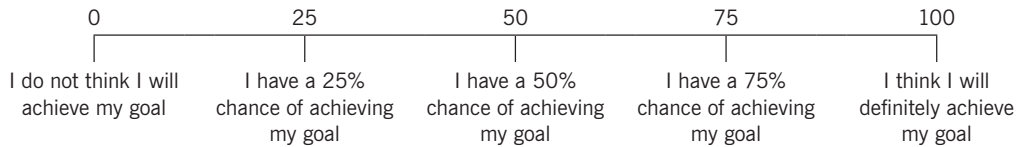


The importance of my goal is ___%

Now ask yourself the following questions

1. Is my goal important enough that I will work to achieve it even if progress is slow or difficult?
___ **Yes** ___ **No**; if no, describe: _____
2. Are there any **competing priorities** that could interfere with my achieving my goal?
___ **Yes** ___ **No**; if yes, what are they? _____

At this moment, how confident are you that you will achieve your goal? Use the following scale to indicate your confidence rating.



I am ___% confident that I will achieve my goal

Now ask yourself the following questions:

1. Considering everything, is my confidence rating realistic?
___ **Yes** ___ **No**, if no, indicate why: _____
2. Are there any obstacles to achieving my goal that I might encounter?
___ **No** ___ **Yes**; if yes, what are they? _____

(cont.)

**WHERE DOES YOUR GOAL FIT IN AND HOW READY ARE YOU
TO CHANGE YOUR ALCOHOL USE?
PART 3**

Below are four different combinations of goal importance and confidence ratings.

Look at your ratings and **check which of the four statements best describes how ready you are to change.**

1. _____ **Low Importance, Low Confidence:** Here you are expressing that you are not very confident that you can change and also that it is not very important to you right now.
If you are in this category, ask yourself what it would take to get you to commit to changing.
2. _____ **Low Importance, High Confidence:** Here you are expressing that you are very confident that you can change, but that it is not that important to you right now.
If you are in this category, ask yourself what it would take to tip the scale in favor of your deciding to change.
3. _____ **High Importance, Low Confidence:** Here you are expressing that changing is very important, but that do not feel very confident about changing right now.
If you are in this category, ask yourself: (1) why you feel you cannot change; (2) what is interfering with your confidence to change; and (3) are there things you can do to increase your confidence?
4. _____ **High Importance, High Confidence:** Here you are expressing that you are both very confident that you can change and that it is very important to change right now.
If you are in this category, it appears you are at a good stage in the change process and are motivated to change.