## SAB

Imagine that the following thoughts occurred to you right now. **How valid or believable would each be?** For each question, please circle a number 1 through 7 that best represents how believable each statement is.

	1. I am not going	to change	no matter v	vhat I do.			
	1 at all believable	2	3	4	5	6	7 Completely believable
							r y
2	2. If I am ready to	change, I	'll change o	on my own,	_	-	-
Not a	t all believable	2	3	4	5	6	Completely believable
3	3. I can't really ch	nange beca	use I have	a severe sub	ostance use	disorder.	
	1	2	3	4	5	6	7
Not a	at all believable						Completely believable
4	4. Substance users	s can't real	ly get strai	ght if they a	also have co	-occurrin	g mental disorders.
	1	2	3	4	5	6	7
Not a	at all believable						Completely believable
4	5. Substance users	s with exte	nsive histo	ries of treat	_	es are alm 6	ost impossible to treat.
Not a	at all believable	2	3	4	5	O	Completely believable
(	6. I sometimes fee	el I am too	hard to wo	rk with.			
	1	2	3	4	5	6	7
Not a	at all believable						Completely believable
-	7. I usually do no	t take respo	onsibility fo	or my substa	ance use.		
	1	2	3	4	5	6	7
Not a	at all believable						Completely believable
8	8. Because substa	nce use is	a chronic d	isease. I am	ı likelv to co	ontinue to	fail.
	1	2	3	4	5	6	7
Not a	at all believable						Completely believable
Ģ	9. Deep down, sul problem.	bstance ab	use is more	a spiritual	and moral p	oroblem th	nan a psychological
	1	2	3	4	5	6	7
Not a	at all believable	2	J	•	3	O .	Completely believable
	10. If I really want	ed to get so	ober, I wou	ld.			
	1	2	3	4	5	6	7
Not a	it all believable						Completely believable

## (SAB Continued)

11. My central def	ining featu	re is that I a	ım a substa	nce abuser.		
1 Not at all believable	2	3	4	5	6	7 Completely believable
12. One can never 1 Not at all believable	really over	rcome their	history of s	substance ab 5	ouse. 6	7 Completely believable
13. There is a groundle help.	ip of peopl	e with such	severe sub	stance use d	isorders t	that they are beyond
1 Not at all believable	2	3	4	5	6	7 Completely believable
14. I will never be use drugs.	able to acl	nieve sobrie	ty because	I can't resis	t urges aı	nd cravings to drink or
1 Not at all believable	2	3	4	5	6	7 Completely believable
15. I sometimes th		an addictive	e personalit	y disorder, v	which pre	events me from making
1 Not at all believable	2	3	4	5	6	7 Completely believable
	ally recove	r in the sens	se that I wil	l always be	just one o	drink or hit away from
relapsing. 1 Not at all believable	2	3	4	5	6	7 Completely believable
17. I must hit "bot 1 Not at all believable	tom" first 1	before I will	l be ready f 4	or treatment 5	 6	7 Completely believable
18. If I fail in treat 1 Not at all believable		pecause I di 3		it bad enoug 5	gh. 6	7 Completely believable
			nance of so	briety, 33%	chance o	f staying the same, and
33% chance of 1 Not at all believable	getting wo	orse. 3	4	5	6	7 Completely believable
20. The only choice 1 Not at all believable	ces I have a	are treatmen 3	t, prison, o 4	r death.	6	7 Completely believable