

Attempts to Control Use

Gorski, "Passages Through Recovery" 1989

Date: _____

Check the boxes that apply to you now or in the past:	Write how your attempt to control your drinking or drug use turned out:
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Chk	Attempt to Control Use	Outcome:
<input type="checkbox"/>	1. Changing the pace. We attempt to simply slow down. We still drink or use as much as before, but we try to pace ourselves now. We attempt to go easy.	
<input type="checkbox"/>	2. Cutting the quantity. We try to restrict or cut down on how much we use. We still use with the same frequency. We just try to use less.	
<input type="checkbox"/>	3. Restricting the time of day. We try to restrict the times we use. For example, we don't start until after 6:00 p.m. or after 10:00 p.m. We stop using in the morning, or at lunch, or in the afternoon.	
<input type="checkbox"/>	4. Changing the frequency. We try to change how often we drink or use. For example, we refuse to drink Monday through Thursdays. We only use marijuana on Saturday night. We don't use alcohol and other drugs after 5:00p.m. on Sunday so we can "get it together" to go to work on Monday.	
<input type="checkbox"/>	5. Changing the kind of drugs we use. We change the kind of alcohol or other drugs we use. We believe it isn't the use that is causing problem; it is the kind of drug we're using. For example, we switch from bourbon to wine, then from wine to beer. We swear off cocaine and only use marijuana. Maybe we stop drinking and get a prescription for Librium or Valium.	

Name: _____

ID#: _____

