

PERSONAL CONTROL SCALE

How often have each of the following happened during the past 90 days?
 Please say what actually happened during the last three months (90 days).

During the last 90 days:	Always	Often	Some- times	Rarely	Never
1. I have tried to cut down on my use of drugs.	4	3	2	1	0
2. I have tried to resist the opportunity to start using drugs.	4	3	2	1	0
3. I have tried to stop using drugs for a period of time.	4	3	2	1	0
4. I have been able to cut down my drug use (use less) when I wanted to.	4	3	2	1	0
5. I have started using drugs even after deciding not to.	4	3	2	1	0
6. I have been able to stop using drugs easily after using a little.	4	3	2	1	0
7. I have used drugs at times when I knew it would cause me problems (like problems with work, with family or friends, or with the police).	4	3	2	1	0
8. I have had an irresistible urge to continue using drugs once I started.	4	3	2	1	0
9. I have found it difficult to resist drugs, even for a single day.	4	3	2	1	0

Now for these items, please say what you think would happen if you used drugs now.

If I used drugs now:	Strongly Disagree	Disagree	Don't Know	Agree	Strongly Agree
10. I would be able to cut down (use less) when I wanted to.	4	3	2	1	0
11. I would start using drugs even after deciding not to.	4	3	2	1	0
12. I would be able to stop using drugs easily after using a little.	4	3	2	1	0
13. I would use drugs at times I knew it would cause problems (like problems with work, with family or friends, or with the police).	4	3	2	1	0
14. I would have an irresistible urge to continue using drugs once I started.	4	3	2	1	0
15. I would find it difficult to resist using drugs, even for a day.	4	3	2	1	0

THANK YOU!