

Alcohol Use Motivational Assessment Tool
(See Motivational Assessment Guide For Scoring and Interpretation)

Q1. Which best describes your intentions to make a change in alcohol consumption?

- a. I am ready now to begin making changes or I have begun to make changes within the last 30 days
- b. I intend to change in the next 30 days
- c. I intend to change in the next 6 months but have not started getting ready yet
- d. I do not intend to change in the next 6 months
- e. I have made changes over 30 days ago and want to maintain these changes

Q2. How would you currently balance the pros and cons of making a change in alcohol consumption?

___ % Pros ___ % Con

Q3. At this moment, how important is it to you to make a change in alcohol consumption? How much do you want to change?

If 0 = "Not at All" and 10 = "Very Much," what number would you give yourself?

Q4. If you decided right now to make a change in alcohol consumption, how confident do you feel about succeeding with this?

If 0 = "not confident" and 10 = "very confident," what number would you give yourself?