

**National Drug and Alcohol Research Centre
University of New South Wales**

READINESS TO CHANGE QUESTIONNAIRE

The following questionnaire is designed to identify how you personally feel about your drinking right now. Please read each of the questions below carefully, and then decide whether you agree or disagree with the statements. Please tick the answer of your choice to each question. Your answers are completely private and confidential.

**For Official
Use Only**

	Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree		
1. I don't think I drink too much	<input type="checkbox"/>		P				
2. I am trying to drink less than I used to.	<input type="checkbox"/>		A				
3. I enjoy my drinking, but sometimes I drink too much.	<input type="checkbox"/>		C				
4. Sometimes I think I should cut down on my drinking.	<input type="checkbox"/>		C				
5. It's a waste of time thinking about my drinking.	<input type="checkbox"/>		P				
6. I have just recently changed my drinking habits.	<input type="checkbox"/>		A				
7. Anyone can talk about wanting to do something about drinking, but I am actually doing something about it.	<input type="checkbox"/>		A				
8. I am at the stage where I should think about drinking less alcohol.	<input type="checkbox"/>		C				
9. My drinking is a problem sometimes.	<input type="checkbox"/>		C				
10. There is no need for me to think about changing my drinking.	<input type="checkbox"/>		P				
11. I am actually changing my drinking habits right now.	<input type="checkbox"/>		A				
12. Drinking less alcohol would be pointless for me.	<input type="checkbox"/>		P				