



**TDMHDD/BOPP Community Treatment Collaborative Program
Simple Screening Instrument for anger management**

**950 Star Vue Drive SW
Cleveland, TN 37311
Phone # (423) 478-0313 ext. 125**

Relapse Prevention class pre/post assessment

Directions: Please complete the following questions and answer as honestly and accurately as you can.

1. Do you feel that you are able to avoid having a relapse?

Yes No

2. Do you have a plan to help you avoid having a relapse?

Yes No

3. Do you feel capable of maintaining your sobriety (staying clean)?

Yes No

4. Do you have people in your life who want to help you stay sober and clean?

Yes No

5. On a scale of 1-5, with one being the worst and five being the best, how well do you feel you are maintaining your sobriety (staying “clean” and off of alcohol or drugs)?

1 2 3 4 5

6. On a scale of 1-5, with one being the worst and five being the best, how well do you feel you are managing your urges to use drugs or alcohol?

1 2 3 4 5

7. On a scale of 1-5, with one being the least and five being the most, how well do you feel you know your “triggers” (things that usually lead t you wanting to use alcohol or drugs)?

1 2 3 4 5

8. On a scale of 1-5, with one being the least and five being the most, how well do you feel you know yourself and your strengths and weaknesses?

1 2 3 4 5

9. I believe that I can still use alcohol or drugs and learn to control my use?

True False

10. I know that I should not use alcohol or drugs at all, but every time I stop using I become sick, feel crazy, or cannot think about anything except drugs or alcohol.

True False

11. I use alcohol or drugs to feel better.

True False

12. I cannot get comfortable being sober.

True False

13. When I stop using, I do not know how to make a change in the way I live to enjoy being sober.

True False

14. I get sober and clean, attend AA or NA meetings and get very happy, but then something happens and I become unhappy and start to use again.

True False

15. I know what I need to do to stay free of alcohol and drugs.

True False

16. I believe I can stay free of alcohol and drugs.

True False