

Name: _____

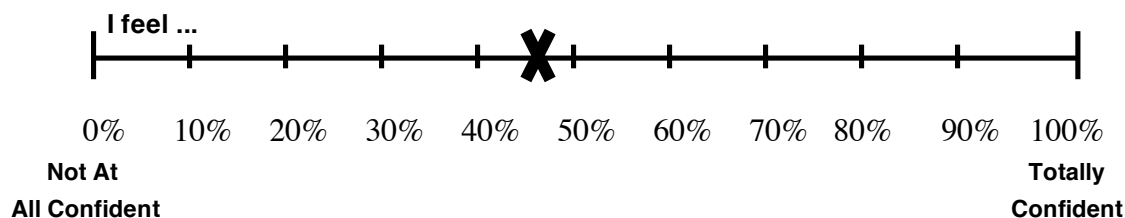
Date: _____

Brief Situational Confidence Questionnaire (SCQ)

The behavior I would like to change is _____

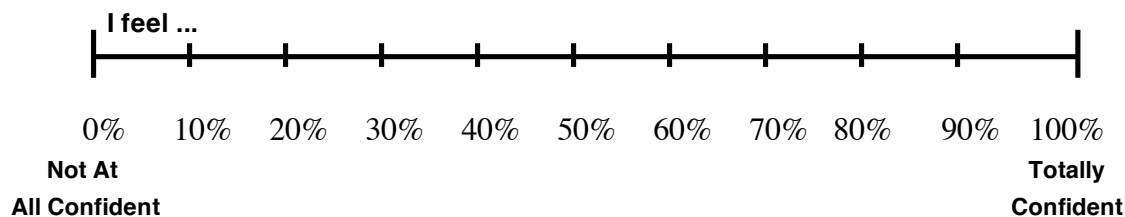
Listed below are 8 types of situations in which some people experience problems. The questions are to be answered in relation to the behavior you would like to change.

Imagine yourself as you are right now in each of the following types of situations. Indicate on each scale how confident you **are right now** that you will be able to resist the urge engage in the behavior you want to change by placing an **“X”** along the line, from **0% “Not At All Confident”** to **100% “Totally Confident”**, as in the example below.

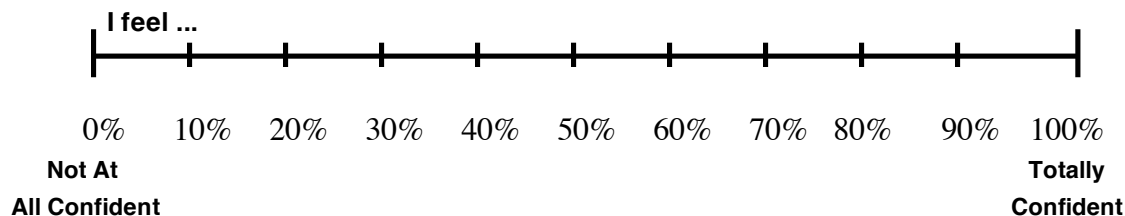


Right now I would be able to resist the urge to engage in the behavior I want to change when I experience.....

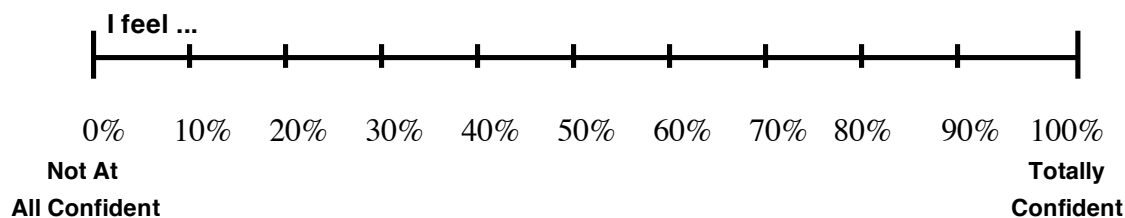
1. **UNPLEASANT EMOTIONS** (e.g., If I were depressed about things in general; If everything was going badly for me).



2. **PHYSICAL DISCOMFORT** (e.g., If I would have trouble sleeping; If I felt jumpy and physically tense).

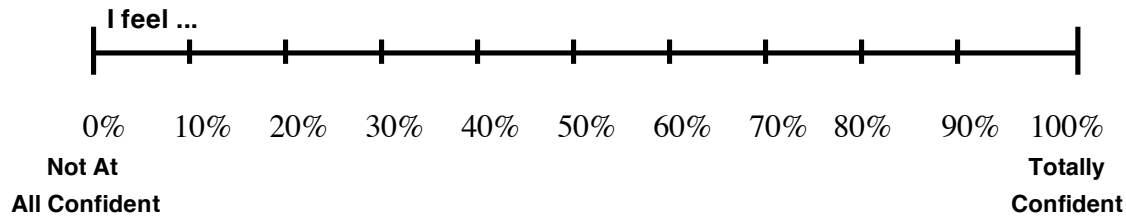


3. **PLEASANT EMOTIONS** (e.g., If something good would happen and I would feel like celebrating; If everything were going well).

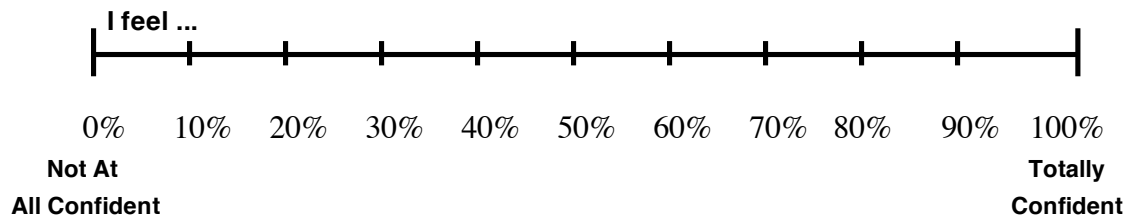


Right now I would be able to resist the urge to engage in the behavior I want to change when I experience.....

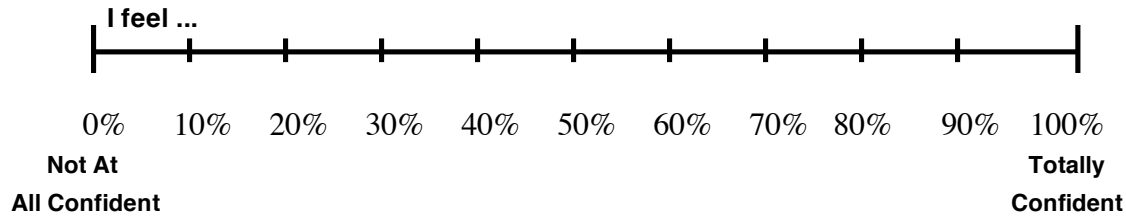
4. **TESTING CONTROL OVER THE BEHAVIOR I WANT TO CHANGE** (e.g., If I would start to believe that the behavior is no longer a problem for me; If I would feel confident that I could engage in the behavior without problems).



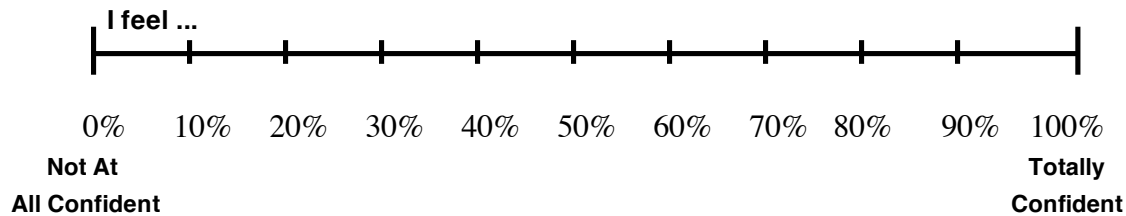
5. **URGES AND TEMPTATIONS** (e.g., If I suddenly had an urge to engage in the behavior I want to change or if I were in a situation where the behavior had occurred; If I began to think of how good it was to engage in the behavior I want to change).



6. **CONFLICT WITH OTHERS** (e.g., If I had an argument with a friend; If I were not getting along well with others at work).



7. **SOCIAL PRESSURE** (e.g., If someone were to pressure me to engage in the behavior I want to change)



8. **PLEASANT TIMES WITH OTHERS** (e.g., If I wanted to celebrate with a friend; If I would be enjoying myself at a party and wanted to feel even better).

