Self-Rating Scale

Instructions: After reviewing your pattern of substance use and the consequences, rate the current severity of your problem. Then rate your current level of motivation to quit using substances and confidence level to maintain your sobriety.

Severity Level of My Problem

1  2  3  4  5  6  7
Mild  Moderate  Serious  Extremely Severe

My Motivation Level to Quit Using Substances

1  2  3  4  5  6  7
Definitely Don’t Want to Quit  Some Desire to Quit  Strong Desire to Quit  Extremely Strong Desire to Quit

My Confidence in My Ability to Stay Sober

1  2  3  4  5  6  7
Low Confidence  Some Confidence  High Confidence  Very High Confidence

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