

## Cravings Beliefs Questionnaire (CBQ)

NAME:

DATE:

Please read the statements below and rate how much you agree or disagree with each one.

1	2	3	4	5	6	7
Totally Disagree	Disagree Very Much	Disagree Slightly	Neutral	Agree Slightly	Agree Very Much	Totally Agree

	1. The craving is a physical reaction; therefore, I can't do anything about it.
	2. If I don't stop the cravings they will get worse.
	3. Cravings can drive you crazy.
	4. The cravings makes me use drugs.
	5. I'll always have cravings for drugs.
	6. I don't have any control over the craving.
	7. Once the craving starts, I have no control over my behaviour.
	8. I'll have cravings for drugs for the rest of my life.
	9. I can't stand the physical symptoms I have while craving drugs.
	10. The craving is my punishment for using drugs.
	11. If you have never used drugs, then you have no idea what the craving is like (and you can't expect me to resist).
	12. The images/thoughts I have while craving drugs are out of my control.
	13. The craving makes me so nervous I can't stand it.
	14. I'll never be prepared to handle the craving.
	15. Since I'll have the craving the rest of my life I might as well go ahead and use drugs.
	16. When I'm really craving drugs I can't function.
	17. Either I'm craving drugs or I'm not; there is nothing in between.
	18. If the craving gets too intense, using drugs is not the only way to cope with the feeling.
	19. When craving drugs, it's OK to use alcohol to cope.
	20. The craving is stronger than my willpower.