

## BELIEFS ABOUT SUBSTANCE USE (BSU)

NAME:

DATE:

Listed below are some common beliefs about drug use. Please read each statement 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. Life without using is boring.
	2. Using is the only way to increase my creativity and productivity.
	3. I can't function without it.
	4. This is the only way to cope with pain in my life.
	5. I'm not ready to stop using.
	6. The cravings/urges make me use.
	7. My life won't get any better, even if I stop using.
	8. The only way to deal with my anger is by using.
	9. Life would be depressing if I stopped.
	10. I don't deserve to recover from drug use.
	11. I'm not a strong enough person to stop.
	12. I could not be social without using.
	13. Substance use is not a problem for me.
	14. The cravings/urges won't go away unless I use drugs.
	15. My substance use is caused by someone else (e.g. spouse, boyfriend/girlfriend, family member).
	16. If someone has a problem with drugs, it's all genetic.
	17. I can't relax without drugs.
	18. Having this drug problem means I am fundamentally a bad person.
	19. I can't control my anxiety without using drugs.
	20. I can't make my life fun unless I use.