



“The Last 3...” Counselor: Start by reading: *“The goal of this exercise is not try to determine who is an addict or an alcoholic and who is not. It is just about opening up some honest discussion. Therefore try to be as honest as you can with your answers as no one is going to judge you for it”*

Group Member Directions: You will be asked to guess the last time certain scenarios were true for you.
(Counselor may want to write the choices on the board for everyone to see to make it easier)

Within...

- **The Last 3 Minutes**
- **The Last 3 Hours**
- **The Last 3 Days**
- **The Last 3 Weeks**
- **The Last 3 Months**
- **The Last 3 Years**
- **Not Applicable**

Answer the following using the above scale as accurately and honestly as possible: “The last time...”

1. I used a substance (prescribed or unprescribed) that got me high or buzzed
 2. Someone in my personal life complained to me about my drinking/using or something I did when drinking/using
 3. I spent more money than I should have while using/drinking
 4. I felt it the next morning
 5. I lost control of my emotions (at all: sober or intoxicated)
 6. I lost control of my emotions when under the influence
 7. I got into a fight (at all)
 8. I got into a fight while under the influence (physical or verbal)
 9. I blacked out
 10. I used alone
 11. I felt guilt or regret about my use or something that happened while I was using
 12. I got arrested for using/drinking (directly or indirectly)
 13. I could have or should have gotten arrested but didn't
 14. I had more than I should have...
 15. I used something that even for me is usually off limits
 16. I said to myself “I'd better cut down (or stop)”
 17. I drove under the influence of something
 18. I hooked up with someone I wouldn't have if I wasn't high/drank
 19. I went somewhere I probably wasn't supposed to while using (School, work, etc.)
 20. I had to lie or cover up the fact that I used
-
21. I felt like using/drinking but did something positive instead
 22. I thought about using/drinking but thought about the potential consequences and decided not too
 23. I had a good time completely sober
 24. Someone told me I was doing a good job with this (In reference to why you are here)
 25. I felt more focused, clear headed, optimistic, because I am making progress

Discuss: Counselor/Group Leader – When going over client answers, use the opportunity to generate further discussion, asking clients to share in more detail (to the degree that they are comfortable)