

Alcohol Cessation MMAS (AC-MMAS-8)

Preface

You said you are trying to stop drinking alcohol or stay alcohol-free. Many people find it hard to stick to that. We'd like to hear about your experience. There are no right or wrong answers. Please answer based on your personal experience in the past 2 weeks.

1. Do you sometimes forget that you're trying not to drink alcohol?
☐ Yes ☐ No
2. People sometimes drink again for reasons other than forgetting. In the past 2 weeks, were there any days when you drank alcohol, even just a little?
☐ Yes ☐ No
3. Have you ever had a drink without telling anyone because you felt worse when you didn't drink?
☐ Yes ☐ No
4. When you're out or with others, do you sometimes forget about your goal to not drink?
☐ Yes ☐ No
5. Did you stay alcohol-free the last time you felt tempted to drink?
☐ Yes ☐ No
6. When things are going well, do you sometimes think it's okay to have just one drink?
☐ Yes ☐ No
7. Some people feel it's hard to stick with quitting alcohol. Do you ever feel it's too difficult to keep going?
☐ Yes ☐ No
8. How often do you have trouble remembering your plan to avoid alcohol?
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always