

Alcohol Cessation Behavioral Snapshot – 8 items (AC-BSA-8™)

You are working to stop drinking alcohol or remain alcohol-free. We know this can be challenging. The following questions ask about your experience over the past week. There are no right or wrong answers; please answer honestly.

1. Missed Commitment

In the past week, have there been times when you did not stick to your goal of avoiding alcohol?

☐ No ☐ Yes, once ☐ Yes, more than once

2. Self-Directed Adjustment

In the past week, have you intentionally altered your alcohol avoidance plan (e.g., skipped a commitment, reduced vigilance) without external guidance?

☐ No ☐ Yes, once ☐ Yes, more than once

3. Timing Deviation / Opportunity Lapse

Have there been times when you were in situations that usually challenge your goal, and you failed to follow your alcohol-free plan?

☐ No ☐ Yes, once ☐ Yes, more than once

4. Full-Day Slip

In the past week, did you go a full day without adhering to your alcohol avoidance goal?

☐ No ☐ Yes, once ☐ Yes, more than once

5. Emotion-Driven Lapse

Have mood, stress, cravings, or social pressures led you to drink or come close to drinking despite your goal?

☐ No ☐ Yes, once ☐ Yes, more than once

6. Late Recognition / Recovery

Have there been moments when you realized late in the day that you had broken your alcohol-free plan or almost did?

☐ No ☐ Yes, once ☐ Yes, more than once

7. Access / Environmental Barrier

Were there times when circumstances made it harder to maintain your goal (e.g., being around alcohol, social pressure, unexpected events)?

☐ No ☐ Yes, once ☐ Yes, more than once

8. Perceived Consistency

Overall, in the past week, did your alcohol-free behavior feel inconsistent or irregular compared with your intended plan?

☐ No ☐ Yes, once ☐ Yes, more than once

Please speak with your healthcare provider if you have questions about your medications or if there are things making it difficult to take them as prescribed. Adherence is a journey, not a test—your answers help illuminate the path.