

Alcohol and Drugs

1. When was the first time you consumed alcohol/drugs?

- What form of substance did you take?
- Why did you do it?
- Were you pressured by your friends?
- Did it make you feel different?
- How different did you feel?
- What made you do it?
- What was the experience like?

2. How did you feel after the first time you consumed?

- Do you remember what you felt or thought after you first consumed?
- Was it something that you enjoyed?
- What was your behavior like?
- What sensations did you have?
- Can you describe the feeling?

3. How often do you indulge in consumption?

- How frequently?
- How many times in a week do you drink?
- With whom do you most often drink with?
- What triggers your drinking/using drugs/smoking?
- Why do you indulge in this habit so often?
- What does it do for you/ make you feel?

4. What makes you drink/ use drugs?
 - Does it help you?
 - What are the reasons for your drinking?
 - What are the factors that encouraged you to drink/ use drugs?
5. What thoughts go through your head before you drink?
 - What are you thinking of?
 - What sort of thoughts?
 - Are the mostly positive or negative thoughts?
 - Do these thoughts encourage you to drink?
6. Is there something that triggers this habit?
 - Is there a particular thought or feeling you get every time before you drink?
 - What sort of triggers do you have/use drugs?
 - What signals you to want to drink/use drugs?
 - How do you know when you want to drink/ use drugs?
 - What happens when you get the trigger but you do not indulge in drinking or using drugs?
 - How do you feel when you ignore the trigger?
 - Are there any sort of physical sensations or changes?
7. When do you indulge in drinking/ using drugs?
 - Is it something you do with company or alone?
 - When was your last drink?
 - Do you have a particular time of the day that you prefer drinking?
 - Do you have a particular environment in which you prefer drinking?

- Why is this? Is there a specific reason?

8. How do you feel while consuming?

- What are the physical sensations you go through?
- How do you feel about them?
- Can you describe the sensations and emotions?
- What are the feelings and emotions you experience while consuming?

9. How do you feel after drinking/ using drugs?

- What are the motions you go through?
- How do you feel after just one drink or two and after drinking the whole night?
- What are the emotions you go through?
- What usually happens when you are drunk? (do you get hurt, say something stupid, act out in anger....)
- Are you usually happy, sad or angry?
- Do you feel embarrassed by your actions?

10. Why do you do it?

- Can you explain how different drinking and using drugs makes you feel?
- What are the effects it has on you?
- What about consuming alcohol or drugs do you like?
- What don't you like about consuming alcohol and drugs?

11. Is there something that you are trying to escape from?

- Could you tell me more about what it is you are escaping from?
- What are your other options?

- Do drinking/ using drugs help with this?
- How does it make you feel?

12. Do you think you are addicted?

- What according to you is an addiction?
- How will you know if you are addicted?
- What will your signs be to signal that you are addicted?
- Has there been a particular incident or sign that tells you that you are addicted?
- What will be the final point for you that make you feel you are addicted?

13. Do you have hangovers?

- What do you experience in your hangovers?
- How long does it usually last?
- Do you drink again to overcome the hangover?
- How much do you need to drink for you to have a hangover?

14. Do drinking/ using drugs affect other aspects of your life?

- How does it impact your life?
- What aspects of your life does it affect?
- How are you able to identify this?
- What are the effects it has on the rest of your life?
- How does it affect your life?
- What are the consequences or results on your life after using alcohol and drugs?
- How are your academic life and your relationships with family/ friends?

- Have things changed with them since you have started drinking?
- If so, could you explain how?

15. What kind of relief/comfort does drinking or using drugs bring to you?

16. Do other friends of yours drink as much?

- Are you encouraged by them?
- Do they have their drinking out of control?

17. How do your friends feel about your drinking/ using drugs?

- Have they said anything to you?
- Have they asked you to stop drinking or using drugs?
- How do they react when you are drinking?
- How do they behave around you?
- Have they changed in their behavior or attitude towards you?

18. Does your family know about your addiction?

- How do they feel about it?
- Have they vocalized their feelings?
- What have they said to you?
- How does it make you feel to know what your family thinks of you?

19. Do you want to get over your addiction?

- What has made you come to this conclusion?

20. Have you taken steps to overcome your addiction?

- What kind of steps have you taken?
- What efforts have you made to control your consumption?
- What steps are you willing to make?
- What options do you feel you have?

- Have you been in treatment for addiction before?
- Did you have withdrawal symptoms?
- What was it like?
- Did you find the treatment helpful?
- What made you start drinking or using drugs again?

21. What do you think you can do to overcome addiction?

- What do you see as your options?
- How far are you willing to go to overcome the addiction?
- How much is too much for you to do to get over your addiction?
- What according to you would be the first step?
- How will you go about achieving it?
- What resources or support do you have?
- What kind of support do you think you need?

22. How much do you want to get better?

- Is it something you feel you must do?
- How will you feel if you do not get better?
- What will happen?

23. How do you think you will feel once you overcome your addiction?

- Would you feel happy about it?
- How will it affect the other aspects of your life?
- How much do you think you will miss it?
- What can you do to prevent a relapse?
- What can or will you do when you are tempted to drink/ use again once you have started making steps to overcome your addiction?

24. What are the good things about your overcoming addiction?

- What are the positive changes you see happening in your life?
- What areas will be affected if you stop drinking?
- Would this be something that you want?