

Appendix A

1. We admitted we were powerless over our addiction- that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs.

Appendix B

AWARE Questionnaire 3.0

Please read the following statements and for each one circle a number, from 1 to 7, to indicate *how much this has been true for you recently*. Please circle one and only one number for every statement.

	Never	Rarely	Some- times	Fairly often	Often	Almost always	Always
1. I feel nervous or unsure of my ability to stay sober.	1	2	3	4	5	6	7
2. I have many problems in my life.	1	2	3	4	5	6	7
3. I tend to overreact or act impulsively.	1	2	3	4	5	6	7
4. I keep to myself and feel lonely.	1	2	3	4	5	6	7
5. I get too focused on one area of my life.	1	2	3	4	5	6	7
6. I feel blue, down, listless, or depressed.	1	2	3	4	5	6	7
7. I engage in wishful thinking.	1	2	3	4	5	6	7
8. The plans that I make succeed.	1	2	3	4	5	6	7
9. I have trouble concentrating and prefer to dream about how things could be.	1	2	3	4	5	6	7
10. Things don't work out well for me.	1	2	3	4	5	6	7
11. I feel confused.	1	2	3	4	5	6	7
12. I get irritated or annoyed with my friends.	1	2	3	4	5	6	7
13. I feel angry or frustrated.	1	2	3	4	5	6	7
14. I have good eating habits.	1	2	3	4	5	6	7
	Never	Rarely	Some- times	Fairly often	Often	Almost always	Always

	Never	Rarely	Some- times	Fairly often	Often	Almost always	Always
15. I feel trapped and stuck, like there is no way out.	1	2	3	4	5	6	7
16. I have trouble sleeping.	1	2	3	4	5	6	7
17. I have long periods of serious depression.	1	2	3	4	5	6	7
18. I don't really care what happens.	1	2	3	4	5	6	7
19. I feel like things are so bad that I might as well drink.	1	2	3	4	5	6	7
20. I am able to think clearly.	1	2	3	4	5	6	7
21. I feel sorry for myself.	1	2	3	4	5	6	7
22. I think about drinking.	1	2	3	4	5	6	7
23. I lie to other people.	1	2	3	4	5	6	7
24. I feel hopeful and confident.	1	2	3	4	5	6	7
25. I feel angry at the world in general.	1	2	3	4	5	6	7
26. I am doing things to stay sober.	1	2	3	4	5	6	7
27. I am afraid that I am losing my mind.	1	2	3	4	5	6	7
28. I am drinking out of control.	1	2	3	4	5	6	7
	Never	Rarely	Some- times	Fairly often	Often	Almost always	Always

Appendix C

(DASS21)

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you. Do not spend too much time on any statement.

The rating scale is as follows:

0 Did not apply to me at all

1 Applied to me to some degree, or some of the time

2 Applied to me to a considerable degree, or a good part of time

3 Applied to me very much, or most of the time

1	I found it hard to wind down	0	1	2	3
2	I was aware of dryness of my mouth	0	1	2	3
3	I couldn't seem to experience any positive feeling at all	0	1	2	3
4	I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3
5	I found it difficult to work up the initiative to do things	0	1	2	3
6	I tended to over-react to situations	0	1	2	3
7	I experienced trembling (eg, in the hands)	0	1	2	3
8	I felt that I was using a lot of nervous energy	0	1	2	3
9	I was worried about situations in which I might panic and make a fool of myself	0	1	2	3
10	I felt that I had nothing to look forward to	0	1	2	3
11	I found myself getting agitated	0	1	2	3
12	I found it difficult to relax	0	1	2	3
13	I felt down-hearted and blue	0	1	2	3
14	I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3
15	I felt I was close to panic	0	1	2	3
16	I was unable to become enthusiastic about anything	0	1	2	3
17	I felt I wasn't worth much as a person	0	1	2	3
18	I felt that I was rather touchy	0	1	2	3
19	I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat)	0	1	2	3
20	I felt scared without any good reason	0	1	2	3
21	I felt that life was meaningless	0	1	2	3

Appendix D

SADS

Name:

1. I feel relaxed even in unfamiliar social situations.

T	F
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2. I try to avoid situations, which force me to be very sociable.

T	F
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3. It is easy for me to relax when I am with strangers.

T	F
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4. I have no particular desire to avoid people.

T	F
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5. I often find social occasions upsetting.

T	F
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6. I usually feel calm and comfortable at social occasions.

T	F
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7. I am usually at ease when talking to someone of the opposite sex.

T	F
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8. I try to avoid talking to people unless I know them well.

T	F
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9. If the chance comes to meet new people, I often take it.

T	F
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10. I often feel nervous or tense in casual get-togethers in which both sexes are present.

T	F
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11. I am usually nervous with people unless I know them well.

T	F
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12. I usually feel relaxed when I am with a group of people.

T	F
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13. I often want to get away from people.

T	F
---	---

14. I usually feel uncomfortable when I am in a group of people I don't know.

T	F
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15. I usually feel relaxed when I meet someone for the first time.

T	F
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16. Being introduced to people makes me tense and nervous.

T	F
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17. Even though a room is full of strangers, I may enter it anyway.

T	F
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18. I would avoid walking up and joining a large group of people.

T	F
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19. When my superiors want to talk with me, I talk willingly.

T	F
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20. I often feel on edge when I am with a group of people.

T	F
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21. I tend to withdraw from people.

T	F
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22. I don't mind talking to people at parties or social gatherings.

T	F
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23. I am seldom at ease in a large group of people.

T	F
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24. I often think up excuses in order to avoid social engagements.

T	F
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25. I sometimes take the responsibility for introducing people to each other.

T	F
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26. I try to avoid formal social occasions.

T	F
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27. I usually go to whatever social engagements I have.

T	F
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28. I find it easy to relax with other people.

T	F
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