

# PSYCHOLOGICAL A.R.T.S., PC TRAP DETECTOR

Rate how well the following statements describe your relationship with the incentive:

0...Statement is **no** more true for me than for the average person

1...Statement is **more** true for me than for the average person

2...Statement is **much more** true for me than for the average person

I have little desire for the incentive when it is not around, but when it is nearby (available) I can't resist it.

Forbidding me to use an incentive increases my desire to use it.

If I knew I could get away with it, I would certainly lapse.

I sometimes lapse without having made a conscious decision to do so.

Even though I realize I am about to lapse I may not exert the effort to prevent it.

When I review my history I see that I often follow a predictable sequence that leads to relapse.

My emotional reactions often make things worse and increase the likelihood of relapse.

I perform better when I am not being evaluated by myself or others.

Encountering certain individuals or circumstances would dramatically increase my risk of relapse.

Once I start thinking about the incentive I can't get it out of my mind until I finally give in and relapse.

Alcohol intoxication is a trigger for relapse.

I feel that it is unfair that others get to use the incentive yet I cannot.

When I go for a period of time without engaging the incentive I experience withdrawal symptoms.

