

# PATTERSON THERAPY AND INTERVENTION

WIN-WIN INTERVENTION CONSULTING

## INTERVENTION QUESTIONNAIRE: FOR FAMILY AND FRIENDS

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**Instructions: Circle answers. Five or more "yes" answers to these questions indicate that a serious problem with alcohol or drugs may exist. We recommend discussing the results of this questionnaire with a qualified professional before attempting an intervention or confronting your loved one.**

1. Does \_\_\_\_\_ get defensive and irritable when their drinking or using of drugs is discussed?  
**Yes No Don't Know**

2. Have you noticed that your family entertains less because of fear or worry about the consequences of \_\_\_\_\_'s drinking or using?  
**Yes No Don't Know**

3. Are alcohol or drugs a necessary and important part of \_\_\_\_\_'s social / recreational activities?  
**Yes No Don't Know**

4. Do you find yourself talking to friends or co-workers about \_\_\_\_\_'s use of alcohol and/or drugs?  
**Yes No Don't Know**

5. Do you find yourself having to take increasing responsibility in the house or on the job because of \_\_\_\_\_'s use of alcohol or drugs?  
**Yes No Don't Know**

6. Do you find yourself not talking with others about \_\_\_\_\_'s use of alcohol or drugs because you are embarrassed or ashamed?  
**Yes No Don't Know**

7. Are you afraid or worried about what alcohol and/or drugs are doing to the health of \_\_\_\_\_?  
**Yes No Don't Know**

8. Do you find yourself fearful, and uncomfortable around \_\_\_\_\_ because of their abuse of alcohol or other drugs?  
**Yes No Don't Know**

9. Does \_\_\_\_\_'s drinking or using of drugs cause arguments and interpersonal problems?  
**Yes No Don't Know**

10. Do you fear for your personal safety or the safety of others because of \_\_\_\_\_'s use of alcohol or drugs?  
**Yes No Don't Know**

11. Do you find yourself covering up or making excuses for \_\_\_\_\_'s behavior after they have been drinking or using?  
**Yes No Don't Know**

12. Has \_\_\_\_\_ ever expressed remorse or regret because of their words or actions when they had been drinking?  
**Yes No Don't Know**

13. Have you noticed that \_\_\_\_\_ makes promises or does things while drinking or using which they cannot recall or remember the next day?
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- Yes      No      Don't Know**
- 
14. Do you find it difficult to trust or believe \_\_\_\_\_ because of their abuse of alcohol or other drugs?
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- Yes      No      Don't Know**
- 
15. Has \_\_\_\_\_ promised to stop drinking or using drugs and been unable to do so?
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- Yes      No      Don't Know**
- 
16. Have you wanted to talk to \_\_\_\_\_'s employer or supervisor about their use of alcohol or other drugs in order to be of help?
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- Yes      No      Don't Know**
- 
17. Have you ever directly spoken with \_\_\_\_\_ about their drinking or drug problem?
- 
- Yes      No      Don't Know**
- 
18. Have you ever shared with \_\_\_\_\_ some of the facts that you have observed about their drinking or using and the way you have personally been affected?
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- Yes      No      Don't Know**
- 
19. Have you informed their physician of the severity of the problems created by \_\_\_\_\_'s use of alcohol or drugs?
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- Yes      No      Don't Know**
- 
20. Have you attended AL-ANON, therapy or family self-help groups to get help for yourself and other family members concerning how to cope with \_\_\_\_\_'s use of alcohol or other drugs?
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- Yes      No      Don't Know**
- 
21. Do you worry that when operating driving, operating machinery or tools, your friend or loved one may kill or injure themselves or others because of their drinking or drug use?
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- Yes      No      Don't Know**
- 
22. Have you experienced feelings of helplessness and hopelessness because you feel you have done all you could to help \_\_\_\_\_ understand the need for treatment and they have refused?
- 
- Yes      No      Don't Know**
- 
23. Do you have a feeling something is "wrong" and yet feel helpless because you aren't sure how to proceed to bring up the matter with your loved one, friend or co-worker?
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- Yes      No      Don't Know**
- 
24. Do you experience feelings of frustration and helplessness because your friend or loved one continues to drink or use in spite of legal, physical, job, or family problems because of their use of alcohol or drugs?
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- Yes      No      Don't Know**
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