

## CRAVING BELIEFS QUESTIONNAIRE (CBQ)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please read the statements below and rate how much you agree or disagree with each one.

	1	2	3	4	5	6	7
Totally	Totally	Disagree	Disagree	Neutral	Agree	Agree	
Agree	Disagree	Very Much	Slightly		Slightly	Very Much	

- \_\_\_\_\_ 1. The craving is a physical reaction so I can't do anything about it.
- \_\_\_\_\_ 2. If I don't stop the cravings they will get worse.
- \_\_\_\_\_ 3. Craving can drive you crazy
- \_\_\_\_\_ 4. The craving makes me use drugs
- \_\_\_\_\_ 5. I'll always have cravings for drugs
- \_\_\_\_\_ 6. I don't have any control over the craving
- \_\_\_\_\_ 7. Once the craving starts I have no control over my behavior
- \_\_\_\_\_ 8. I'll have cravings for drugs the rest of my life
- \_\_\_\_\_ 9. I can't stand the physical symptoms I have while craving drugs
- \_\_\_\_\_ 10. The craving is my punishment for using drugs
- \_\_\_\_\_ 11. If you have never used drugs then you have no idea what the craving is like (and you can't expect me to resist)
- \_\_\_\_\_ 12. The images/thoughts I have while craving drugs are out of my control
- \_\_\_\_\_ 13. The craving makes me so nervous I can't stand it
- \_\_\_\_\_ 14. I'll never be prepared to handle the craving
- \_\_\_\_\_ 15. Since I'll have the craving the rest of my life I might as well go ahead and use drugs
- \_\_\_\_\_ 16. When I'm really craving drugs I can't function
- \_\_\_\_\_ 17. Either I'm craving drugs or I'm not; there is no in between
- \_\_\_\_\_ 18. If the craving gets too intense, using drugs is the only way to cope with the feelings
- \_\_\_\_\_ 19. When craving drugs it's OK to use alcohol to cope
- \_\_\_\_\_ 20. The craving is stronger than my will power

Developed by Fred D. Wright, Ed.D. (Reprinted by permission from Liese BS, Franz RA. Treating substance use disorders with cognitive therapy: lessons learned and implications for the future. In: Salkovskis P, ed. *Frontiers of cognitive therapy*. New York: Guilford Press, 1996:477. Copyright 1996 by Guilford Press)