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## Personal Assessment of Responsible Drinking Identity

### **Instructions:**

Below is a collection of statements about your general experiences with alcohol use. Please indicate how true each statement is of your experiences overall. Remember that there are no right or wrong answers. Please answer according to what really reflects your experiences and identity with alcohol use rather than what you think your experiences with alcohol use should be.

### **Response Scale:**

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1	2	3	4	5
Not at all true	A bit true	Somewhat true	Mostly true	Completely true

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1. My decision to be a safe drinker represents my most important values and feelings.
  2. I identify as a safe drinker because I want to be the best version of myself.
  3. Being a safe drinker is NOT important to me.
  4. I am a safe drinker so my social group (such as my friends) will like me.
  5. My actions when I use alcohol responsibly are congruent with who I really am.
  6. I DO NOT identify as a safe drinker because I want to be viewed positively among my friends
  7. I am a safe drinker because I want to be responsible for my own health.
  8. I DO NOT identify as a safe drinker because I enjoy getting "blackout drunk."
  9. I identify as a safe drinker because I would feel bad if I acted irresponsibly.
  10. People view me as a safe drinker.
  11. I DO NOT identify as a safe drinker because I want to be seen as "the life of the party."
  12. I am a safe drinker because of my morals.
  13. Being a safe drinker is important to me because it is important to my social group.
  14. Being a safe drinker is very important to my social status.
  15. I identify as a safe drinker because I also identify as a mindful person.
  16. I DO NOT identify as a safe drinker because my close group of friends DO NOT identify as safe drinkers.
  17. My whole self stands behind my decision to be a safe drinker.
  18. I am a safe drinker because my friends are also safe drinkers.
  19. I strongly identify as a safe drinker because I use alcohol responsibly.
  20. I am a safe drinker because it is my responsibility to watch out for my friends.
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### **Scoring:**

Personal Identity: Items 1, 5, 10, 17, 19

Future-Oriented Identity: Items 2, 7, 9, 12, 15

Social Identity: Items 4, 13, 14, 18, 20

Counter Identity (reverse coded): Items 3, 6, 8, 11, 16