

Six Skills for Families and Significant Others Who are Affected by Substance Abuse

Evaluation Form: Were the Six Skills Helpful ?

Please rate each item from 1 to 5 in the space to the right of each item.

1	2	3	4	5
Strongly	Disagree	Neither Agree	Agree	Strongly
Disagree	Somewhat	nor Disagree	Somewhat	Agree

Rating

1. Skill #1: "Separate yourself, detach from the problem" is useful to me. _____
2. Skill #2: "Set limits, roles, and boundaries" is useful to me. _____
3. Skill #3: "Solidify your position- know where you stand" is useful to me. _____
4. Skill #4: "Support sobriety" is useful to me. _____
5. Skill #5: "Simplify your approach by setting small goals" is useful to me. _____
6. Skill #6: "Sustain your physical, mental, and spiritual health" is useful to me. _____
7. Having the six skills available on a 3 X 5" size card is useful to me. _____
8. I would recommend the six skills to others. _____
9. At least one of the skills has helped me make a change for the better. _____
10. Overall the six skills can be helpful to me in dealing with substance abuse. _____

Please indicate any specific changes that the skills helped you make: _____

Please indicate any changes you are working on now: _____

Please note any other comments you would like to include: _____

Please return the completed form by mail, fax, or e-mail to:

Jan Ligon, PhD, LCSW
Georgia State University
School of Social Work
P. O. Box 3995
Atlanta, GA 30302-3995

e-mail: jligon@gsu.edu

Fax: 404.413.1075

Thank you for your valuable input!