

ID: _____

DATE: ___ / ___ / ___

AEQ-Adult

AGE: ___

MALE: 1 FEMALE: 2

ALCOHOL EXPECTANCY QUESTIONNAIRE - ADULT FORM

INSTRUCTIONS:

The following pages contain statements about the effects of alcohol. Read each statement carefully and respond according to your own personal thoughts, feelings and beliefs about alcohol now. We are interested in what you think about alcohol, regardless of what other people might think.

When the statements refer to drinking alcohol, you may think in terms of drinking any alcoholic beverage, such as beer, wine, whiskey, liquor, rum, scotch, vodka, gin, or various alcoholic mixed drinks. Whether or not you have had actual drinking experiences yourself, you are to answer in terms of your beliefs about alcohol. **It is important that you respond to every question.**

PLEASE BE HONEST. REMEMBER, YOUR ANSWERS ARE CONFIDENTIAL.

Please answer every item on the sheet.

Goldman, Christiansen, and Brown
Copyright 1982

Circle the number which shows how much you agree or disagree with each item.

1	2	3	4	5
Disagree Strongly	Disagree Somewhat	Uncertain	Agree Somewhat	Agree Strongly

- | | | | | | | |
|-----|--|---|---|---|---|---|
| 1. | Alcohol can transform my personality. | 1 | 2 | 3 | 4 | 5 |
| 2. | Drinking helps me feel whatever way I want to feel. | 1 | 2 | 3 | 4 | 5 |
| 3. | Some alcohol has a pleasant, cleansing, tingly taste. | 1 | 2 | 3 | 4 | 5 |
| 4. | Alcohol makes me feel happy. | 1 | 2 | 3 | 4 | 5 |
| 5. | Drinking adds a certain warmth to social occasions. | 1 | 2 | 3 | 4 | 5 |
| 6. | Sweet, mixed drinks taste good. | 1 | 2 | 3 | 4 | 5 |
| 7. | When I am drinking, it is easier to open up and express
my feelings. | 1 | 2 | 3 | 4 | 5 |
| 8. | Time passes quickly when I am drinking. | 1 | 2 | 3 | 4 | 5 |
| 9. | When they drink, women become more sexually relaxed. | 1 | 2 | 3 | 4 | 5 |
| 10. | Drinking makes me feel flushed. | 1 | 2 | 3 | 4 | 5 |
| 11. | I feel powerful when I drink, as if I can really
influence others to do as I want. | 1 | 2 | 3 | 4 | 5 |
| 12. | Drinking increases male aggressiveness. | 1 | 2 | 3 | 4 | 5 |
| 13. | Alcohol lets my fantasies flow more easily. | 1 | 2 | 3 | 4 | 5 |
| 14. | Drinking gives me more confidence in myself. | 1 | 2 | 3 | 4 | 5 |
| 15. | Drinking makes me feel good. | 1 | 2 | 3 | 4 | 5 |
| 16. | I feel more creative after I have been drinking. | 1 | 2 | 3 | 4 | 5 |
| 17. | Having a few drinks is a nice way to celebrate
special occasions. | 1 | 2 | 3 | 4 | 5 |
| 18. | After a few drinks, it is easier to pick a fight. | 1 | 2 | 3 | 4 | 5 |

1	2	3	4	5
Disagree Strongly	Disagree Somewhat	Uncertain	Agree Somewhat	Agree Strongly

19.	When I am drinking I feel freer to be myself and to do whatever I want.	1	2	3	4	5
20.	Drinking makes it easier to concentrate on the good feelings I have at the time.	1	2	3	4	5
21.	Alcohol allows me to be more assertive.	1	2	3	4	5
22.	When I feel "high" from drinking, everything seems to feel better.	1	2	3	4	5
23.	At times, drinking is like permission to forget problems.	1	2	3	4	5
24.	If I am nervous about having sex, alcohol makes me feel better.	1	2	3	4	5
25.	Drinking relieves boredom.	1	2	3	4	5
26.	I find that conversing with members of the opposite sex is easier for me after I have had a few drinks.	1	2	3	4	5
27.	After a few drinks, I feel less sexually inhibited.	1	2	3	4	5
28.	Drinking is pleasurable because it is enjoyable to join in with people who are enjoying themselves.	1	2	3	4	5
29.	I like the taste of some alcoholic beverages.	1	2	3	4	5
30.	If I am feeling restricted in any way, a few drinks makes me feel better.	1	2	3	4	5
31.	Men are friendlier when they drink.	1	2	3	4	5
32.	It is easier for me to meet new people if I've been drinking.	1	2	3	4	5
33.	I can discuss or argue a point more forcefully after I have had a drink or two.	1	2	3	4	5
34.	Alcohol can eliminate feelings of inferiority.	1	2	3	4	5

1	2	3	4	5
Disagree Strongly	Disagree Somewhat	Uncertain	Agree Somewhat	Agree Strongly

35. Alcohol makes women more sensuous.1 2 3 4 5
36. If I have a couple of drinks, it is easier to express
my feelings.1 2 3 4 5
37. I feel less bothered by physical ills after a few drinks.1 2 3 4 5
38. Alcohol makes me need less attention from others
than I usually do.1 2 3 4 5
39. A drink or two makes the humorous side of
me come out.1 2 3 4 5
40. After a few drinks, I feel more self-reliant
than usual.1 2 3 4 5
41. After a few drinks, I don't worry as much about
what other people think of me.1 2 3 4 5
42. When drinking, I do not consider myself totally
accountable or responsible for my behavior.1 2 3 4 5
43. Alcohol enables me to have a better time at parties.1 2 3 4 5
44. Anything which requires a relaxed style can be
facilitated by alcohol.1 2 3 4 5
45. Drinking makes the future seem brighter.1 2 3 4 5
46. I am not as tense if I am drinking.1 2 3 4 5
47. I often feel sexier after I have had a couple of drinks.1 2 3 4 5
48. Having a few drinks helps me relax in a social situation.1 2 3 4 5
49. I drink when I am feeling mad.1 2 3 4 5
50. Drinking alone or with one other person
makes me feel calm and serene.1 2 3 4 5

1	2	3	4	5
Disagree Strongly	Disagree Somewhat	Uncertain	Agree Somewhat	Agree Strongly

51. After a few drinks, I feel brave and more capable of fighting.1 2 3 4 5
52. Drinking can make me more satisfied with myself.1 2 3 4 5
53. There is more camaraderie in a group of people who have been drinking.1 2 3 4 5
54. My feelings of isolation and alienation decrease when I drink.1 2 3 4 5
55. A few drinks make me feel less in touch with what is going on around me.1 2 3 4 5
56. Alcohol makes me more tolerant of people I do not enjoy.1 2 3 4 5
57. Alcohol helps me sleep better.1 2 3 4 5
58. Alcohol makes me more outspoken or opinionated.1 2 3 4 5
59. I am a better lover after a few drinks.1 2 3 4 5
60. Women talk more after they have had a few drinks.1 2 3 4 5
61. Alcohol decreases muscular tension.1 2 3 4 5
62. Alcohol makes me worry less.1 2 3 4 5
63. A few drinks make it easier to talk to people.1 2 3 4 5
64. After a few drinks I am usually in a better mood.1 2 3 4 5
65. Alcohol seems like magic.1 2 3 4 5
66. Women can have orgasms more easily if they have been drinking.1 2 3 4 5
67. Drinking increases female aggressiveness.1 2 3 4 5

1	2	3	4	5
Disagree Strongly	Disagree Somewhat	Uncertain	Agree Somewhat	Agree Strongly

68.	Drinking helps me get out of a depressed mood.	1	2	3	4	5
69.	After I have had a couple of drinks, I feel I am more of a caring, sharing person.	1	2	3	4	5
70.	Alcohol decreases my feeling of guilt about not working.	1	2	3	4	5
71.	I feel more coordinated after I drink.	1	2	3	4	5
72.	Alcohol makes me more interesting.	1	2	3	4	5
73.	A few drinks make me feel less shy.	1	2	3	4	5
74.	If I am tense or anxious, having a few drinks makes me feel better.	1	2	3	4	5
75.	Alcohol enables me to fall asleep more easily.	1	2	3	4	5
76.	If I am feeling afraid, alcohol decreases my fears.	1	2	3	4	5
77.	A couple of drinks makes me more aroused or physiologically excited.	1	2	3	4	5
78.	Alcohol can act as an anesthetic; that is, it can deaden pain.	1	2	3	4	5
79.	I enjoy having sex more if I have had some alcohol.	1	2	3	4	5
80.	I am more romantic when I drink.	1	2	3	4	5
81.	I feel more masculine/feminine after a few drinks.	1	2	3	4	5
82.	When I am feeling antisocial, drinking makes me feel more gregarious.	1	2	3	4	5
83.	Alcohol makes me feel better physically.	1	2	3	4	5
84.	Sometimes when I drink alone or with one other person it is easy to feel cozy and romantic.	1	2	3	4	5

1	2	3	4	5
Disagree Strongly	Disagree Somewhat	Uncertain	Agree Somewhat	Agree Strongly

85. I feel like more of a happy-go-lucky person when I drink.1 2 3 4 5
86. Drinking makes get-togethers more fun.1 2 3 4 5
87. Alcohol makes it easier to forget bad feelings.1 2 3 4 5
88. After a few drinks, I am more sexually responsive.1 2 3 4 5
89. If I am cold, having a few drinks will give me a sense of warmth.1 2 3 4 5
90. It is easier to act on my feelings after I have had a few drinks.1 2 3 4 5
91. I become lustful when I drink.1 2 3 4 5
92. A couple of drinks makes me more outgoing.1 2 3 4 5
93. A drink or two can make me feel more wide awake.1 2 3 4 5
94. Alcohol makes me feel closer to people.1 2 3 4 5
95. Women are friendlier after they have had a few drinks.1 2 3 4 5
96. I tend to be less self-critical when I have something alcoholic to drink.1 2 3 4 5
97. I find that conversing with members of the opposite sex is easier for me after I have had a few drinks.1 2 3 4 5
98. Drinking makes me feel flushed.1 2 3 4 5
99. It is easier to remember funny stories or jokes if I have been drinking.1 2 3 4 5
100. After a few drinks I am less submissive to those in positions of authority.1 2 3 4 5
101. Alcohol makes me more talkative.1 2 3 4 5

1	2	3	4	5
Disagree Strongly	Disagree Somewhat	Uncertain	Agree Somewhat	Agree Strongly

102. I am more romantic when I drink.1 2 3 4 5
103. Men can have orgasms more easily if they have had a drink.1 2 3 4 5
104. A drink or two is really refreshing after strenuous physical activity.1 2 3 4 5
105. Alcohol enables me to have a better time at parties.1 2 3 4 5
106. I can be more persuasive if I have had a few drinks.1 2 3 4 5
107. Drinking makes people feel more at ease in social situations.1 2 3 4 5
108. Alcohol helps me sleep better.1 2 3 4 5
109. After a drink or two, things like muscle aches and pains do not hurt as much.1 2 3 4 5
110. Alcohol decreases my hostilities.1 2 3 4 5
111. Alcohol makes me worry less.1 2 3 4 5
112. Alcohol makes it easier to act impulsively or make decisions quickly.1 2 3 4 5
113. Alcohol makes me feel less shy.1 2 3 4 5
114. Alcohol makes me more tolerant of people I do not enjoy.1 2 3 4 5
115. Alcohol makes me need less attention from others than I usually do.1 2 3 4 5
116. A drink or two can slow me down, so I do not feel so rushed or pressured for time.1 2 3 4 5

1	2	3	4	5
Disagree Strongly	Disagree Somewhat	Uncertain	Agree Somewhat	Agree Strongly

117. I feel more sexual after a few drinks.1 2 3 4 5
118. Alcohol makes me feel better physically.1 2 3 4 5
119. Having a drink in my hand can make me
feel secure in a different social situation.1 2 3 4 5
120. Things seem funnier when I have been
drinking or at least I laugh more.1 2 3 4 5