

Internal Inhibition Scale

1. When it is wrong, I will correct it.
 2. I can review and reflect on myself when others criticize.
 3. I don't think it is easy for me to show good behavior.
 4. I am easily discouraged by failure.
 5. When I do something, I will first think about it.
 6. I lose my temper easily.
 7. I am often impulsive.
 8. I lack confidence in myself.
 9. I get upset when I do something wrong.
 10. I can concentrate on doing everything.
 11. I have some bad habits that can't be changed.
 12. When I am criticized for doing something wrong, I will be happy to reason with others.
 13. Under the teasing of others, I can do almost everything.
 14. When I encounter a problem, I like to wait and see if someone solves it.
 15. I like to do something exciting when I'm bored.
 16. I will do whatever it takes to beat others.
 17. I often make mistakes I made before.
 18. I don't think it's easy to concentrate on anything.
 19. Sometimes I really want to throw things.
 20. When I encounter difficulties, I feel helpless.
 21. I often lose my confidence because of the stimulation of others.
 22. When there is no supervision, I often cannot restrain my behavior.
 23. In unsatisfactory situations, I am able to accept the challenge courageously.
 24. When encountering setbacks, I can always find a way to solve the problem.
 25. When things go wrong, my emotions often become agitated or discouraged.
-

The scores from low to high are (1-5): Strongly agree, Quite agree, Generally, Slightly agree, Disagree

Drug Craving Scale

1. I can't do anything without taking drugs.
2. If I stop taking drugs, my life will be depressed.
3. I don't have enough capacity to stop taking drugs.
4. I can't relax without drugs.
5. I can't relieve my anxiety without taking drugs.
6. Taking drugs can make people forget their worries temporarily.
7. Drugs can satisfy curiosity.
8. Taking drugs will give me a stimulating feeling.
9. Taking drugs can relieve the feeling of injustice when being wronged.
10. Drug use can enhance sexual performance.
11. Drugs are a great way to refresh yourself.
12. Drugs can relieve stress.
13. I will take drugs all caused by others.
14. I only smoke once and I shouldn't be addicted.
15. As long as you don't let others find out, it's okay to take one or two mouthfuls.
16. I will quit the drugs after another breath.
17. The craving for drugs is a physiological response, so I can't resist it at all.
18. If my craving for drugs cannot be satisfied, I will become more and more uncomfortable.
19. The craving for drugs drives me crazy.
20. I am always craving for drugs.
21. I will continue to crave drugs for the rest of my life.
22. I feel extremely uncomfortable physically when I cannot control my craving for drugs.
23. The thirst for drugs is far greater than one's willpower.
24. When I crave drugs, I can't control my thoughts and ideas at all.
25. As long as I want to take drugs, I will definitely find drugs to use.

The scores from low to high are (1-5): Strongly agree, Quite agree, Generally, Slightly agree, Disagree
