

## TAPERING READINESS INVENTORY

**Instructions:** The purpose of this inventory is to help you decide if you are ready to discontinue buprenorphine at this time. The more questions you can honestly answer by checking “yes,” the greater the likelihood that you are ready to taper from your medications. Consider that each “no” response represents an area that you probably need to work on to increase the odds of a successful taper and recovery. Circle the appropriate response.

1. Have you been abstaining from other opiates and illegal drugs, such as cocaine and speed?  Yes  No
2. Do you think you are able to cope with difficult situations without using drugs?  Yes  No
3. Are you employed or in school?  Yes  No
4. Are you staying away from contact with users and illegal activities?  Yes  No
5. Have you gotten rid of your drug paraphernalia?  Yes  No
6. Are you living in a neighborhood that doesn't have a lot of drug use, and are you comfortable there?  Yes  No
7. Are you living in a stable family neighborhood?  Yes  No
8. Do you have straight (non-user) friends that you spend time with?  Yes  No
9. Do you have friends or family who would be helpful to you during a taper?  Yes  No
10. Have you been participating in counseling that has been helpful?  Yes  No
11. Does your counselor think you are ready to taper?  Yes  No
12. Do you think you would ask for help when you were feeling bad during a taper?  Yes  No
13. Have you stabilized on a buprenorphine?  Yes  No
14. Have you been on buprenorphine for a long time?  Yes  No
15. Are you in good mental and physical health?  Yes  No
16. Do you want to get off buprenorphine?  Yes  No

(Source: Center for Substance Abuse Treatment. Technical Assistance Publication Series Number 7. Treatment of Opioid Addiction with Methadone: A Counselor Manual. Rockville MD: Center for Substance Abuse Treatment, 1994. Adapted from Brummett S, Dumontet R, Wermuth L, Gold M, Sorensen JL, Batki S, Dennis R, and Heaphy R. *Methadone Maintenance to Abstinence: The Tapering Network Project Manual*. San Francisco: University of California, 1986.)