

Actor Instructions: Empathy Pre-Screening Roleplay

You are Jamie, a married 32 year old flight mechanic in the military with no history of mental health problems. You are happily married, but have been experiencing some unhappiness lately because your spouse has been confronting you about your increased use of alcohol. Your children, six and ten, have seen you intoxicated several times in the last year and you feel guilty about that. You like your career and particularly your job as an airplane mechanic, but have noticed that your hangovers are affecting your work recently. You are typically a cheerful and outgoing person, but lately you've been moody and hard to get along with.

Last week you were arrested for your first DWI. After celebrating with coworkers at an off-base club, you volunteered to drive one of them home after he passed out from drinking too much. On the way to the friend's house, you were stopped by the police and given a breathalyzer test which you failed at .10. Although this seems unfair to you, you also remember times that you drove when you were very intoxicated, some of them quite recently. Once you couldn't even remember how you got home and you're pretty sure it was a "blackout". You are angry and humiliated about the arrest and at the same time you are becoming worried that your drinking is similar to other serious alcoholics in your family. You swore you would never be like them, but now you are starting to think that might be a possibility.

You are here to see the counselor because of the DUI but you also want some information about alcohol and maybe how to cut down or even quit. You are nervous, but also curious about what your counselor might offer. You see the value of making a change in your drinking, but you don't want to make a commitment without having a chance to think over the impact on your family and your work. You are not used to being pushed into things, but you are worried.