

YES NO

- Do you ever use or act-out alone?
- Have you ever substituted one substance for another, thinking that one particular substance was the problem?
- Have you ever manipulated or lied to a doctor to obtain prescription drugs?
- Have you ever stolen a substance or stolen to obtain a substance?
- Do you regularly use a substance when you wake up or when you go to bed?
- Have you ever taken one substance to overcome the effects of another?
- Do you avoid people or places that do not approve of you use?
- Have you ever used a substance without knowing what it was or what it would do to you?
- Has your job or school performance ever suffered from the effects of your use?
- Have you ever been arrested as a result of your use?
- Have you ever lied about what or how much you use?
- Do you put the purchase of substance or behavior ahead of your financial responsibilities?
- Have you ever tried to stop or control your using?
- Have you ever been in a jail, hospital, or drug rehabilitation center because of your using?
- Does using interfere with your sleeping or eating?
- Does the thought of running out of your substance terrify you?

- Do you feel it is impossible for you to live without your substance or behavior?
- Do you ever question your own sanity?
- Is your substance or acting out your behavior making life at home unhappy?
- Have you ever thought you couldn't fit in or have a good time without your substance?
- Have you ever felt defensive, guilty, or ashamed about your using?
- Do you think a lot about your substance or behavior?
- Have you had irrational or indefinable fears?
- Has using affected your sexual relationships?
- Have you ever ingested a substance you didn't prefer?
- Have you ever used a substance because of emotional pain or stress?
- Have you ever overdosed on any substance?
- Do you continue to use despite negative consequences?
- Do you think you might have a substance or behavioral problem?

TOTALS

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If you answered yes to any of these, you likely have an addiction.

If you answered yes to 5 or more of them, you are definitely addicted to some level and should seek help. Healing starts by acknowledging you have a problem and by reaching out for help.