



DO YOU HAVE AN ALCOHOL OR DRUG PROBLEM?

Please answer the questions below:

Do you generally use alcohol or drugs more than once a week?

On the days when you use alcohol and/or other drugs, do you usually have three drinks/doses or more?

Do you get intoxicated on alcohol or other drugs more than four times a year? (*You're intoxicated if you use so much that you can't function safely or normally or if other people think that you can't function safely or normally.*)

Have you ever felt like you should cut down on your drinking or drug use?

Do other people criticize your drinking or drug use, or are they annoyed by it or say that you have a problem?

Do you ever do things while using alcohol or other drugs that you regret, or that make you feel ashamed or guilty?

Do you think you might have a substance abuse problem because of your drinking or drug use?

Have you ever been arrested for a DUI or for using an illegal substance?

Do you ever use alcohol or other drugs for longer periods of time than you intended?

Have you ever been unable to stop when you planned to stop?

Have you ever had a desire or tried to cut down or control your alcohol or other drug use and not been successful in doing what you intended to do?

Have you ever failed to meet a major life responsibility because you were intoxicated, hung over, or in withdrawal?

Do you ever give up work, social, or recreational activities because of alcohol or other drug use?

Have you ever continued to use alcohol or other drugs even though you knew they were causing you physical, psychological, financial or social problems, or making these problems worse?

Have you ever used alcohol or other drugs to keep you from getting sick the next day, or to make a hangover go away?

Answering positive to three or more indicates a likelihood of a substance use/abuse addiction.