

DO I HAVE A PROBLEM WITH SUBSTANCES? Consider the following questions.

1 - Have you ever decided to stop drinking/using for a week or so, but only lasted for a couple of days?

Most drinkers and users made all kinds of promises to themselves and to their families, but could not keep them. Then they came to a 12-step meeting and heard: "Just try not to drink/use today." (If you do not drink/use today, you cannot get drunk today.)

Yes No

2 - Do you wish people would mind their own business about your drinking/using-- stop telling you what to do?

In treatment, we help patients identify their own goals. They hear about others' drinking/using, the trouble they got into, and how they stopped. We will be glad to help you, if you want us to.

Yes No

3 - Have you ever switched from one kind of drink/drug to another in the hope that this would keep you from getting drunk/loaded?

Addicts & Alcoholics have tried all kinds of ways; switching from one drug to another. Or just drinking beer. Or only drinking on weekends. You name it, it has been tried. But using any substance at all usually results in getting loaded eventually for the addict/alcoholic.

Yes No

4 - Have you had to have an eye-opener upon awakening during the past year?

Do you need a drink/hit to get started, or to stop shaking? This is a pretty sure sign that you are not drinking/using "socially."

Yes No

5 - Do you envy people who can drink/use without getting into trouble?

At one time or another, many alcoholics/addicts have wondered why they were not like most people, who really can take it or leave it.

Yes No

6 - Have you had problems connected with drinking/using during the past year?

Be honest! Doctors say that if you have a problem with drugs or alcohol and keep on drinking/using, it will get worse -- never better. Eventually, you will die, or end up in an institution for the rest of your life. The only hope is to stop drinking/using.

Yes No

7 - Has your drinking/using caused trouble at home?

Before coming into treatment, many said that it was the people or problems at home that made them drink/use. They could not see that our drinking/using just made everything worse. It never solved problems anywhere or anytime.

Yes No

8 - Do you ever try to get "extra" drinks/drugs at a party because you do not get enough?

Many addicts used to have a "few" before we started out if we thought it was going to be that kind of party. And if drinks/drugs were not served fast enough, they would go some place else to get more.

Yes No

9 - Do you tell yourself you can stop drinking/using any time you want to, even though you keep getting drunk when you don't mean to?

Many kidded themselves into thinking that they drank because they wanted to. After they came into treatment, they found out that once they started to drink/use, they couldn't stop.

Yes No

10 - Have you missed days of work or school because of drinking/using?

Many admit now that they "called in sick" lots of times when the truth was that they were hung-over or on a run.

Yes No

11 - Do you have "blackouts"?

A "blackout" is when you have been drinking/using hours or days which you cannot remember. When people come to treatment, they find out that this is a pretty sure sign of alcoholic drinking/using.

Yes No

12 - Have you ever felt that your life would be better if you did not drink/use?

Many started to drink/use because drinking/using made life seem better, at least for a while. By the time people got into treatment, they felt trapped. They were drinking/using to live and living to drink/use. They were sick and tired of being sick and tired.

Yes No

Did you answer **YES** four or more times? If so, you are probably in trouble with drugs or alcohol. Why do we say this? Because thousands of people in recovery have said so for many years. They found out the truth about themselves — the hard way.

Acknowledgement: This questionnaire was adapted from AA's website <http://www.alcoholics-anonymous.org/>