WHAT EFFECT HAS ALCOHOL AND OTHER DRUGS HAD ON YOUR LIFE?

1. Have I been gulping drinks rather than sipping them?
2. When I’m under pressure do I drink or do drugs?
3. Has drinking or drugs made me impulsive and less rational?
4. Do I feel guilty about drinking and doing drugs?
5. Have I lost time from work because of my use of alcohol and prescription meds?
6. Has my drinking and drug-use caused abusive conduct at home with my spouse and children?
7. Do I continue drinking when others have stopped?
8. Do I sneak drinks or drugs before/during social events?
9. Have I ever had an auto accident because of drinking or substance use?
10. Do I forget things that happened when I drink or use drugs?
11. If alcohol is not available at a social event, am I uncomfortable?
12. Am I harder to get along with after drinking?
13. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don’t mean to?
14. Do I crave a drink at any special time every day?
15. Do I ever need a drink first thing in the morning or a pill to get going?
16. Do I ever hide a bottle or a “stash” at home?
17. Do I prefer to drink alone so I can drink more?
18. Have I lost a job because of my drug use or drinking?
19. Do I ever need a drink or drugs to get rid of the “shakes”?
20. Does alcohol or drugs help me feel confident?
21. Has alcohol or drugs stopped being fun?

Answering “yes” to several of these questions indicate a strong possibility that alcohol or other drugs have become a problem in your life. The good news is that help is available.

FOR A CONFIDENTIAL ASSESSMENT
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