



SUBSTANCE ABUSE QUICK QUIZ

Has anyone ever suggested you quit or cut back on your drug/alcohol use?

Yes___ No___

Has drinking or using affected your reputation?

Yes___ No___

Have you made promises to control your drinking or using and then broken them?

Yes___ No___

Have you ever switched to different drinks or drugs or changed your using pattern in an effort to control or reduce your consumption?

Yes___ No___

Have you ever gotten into financial, legal, or marital difficulties due to using?

Yes___ No___

Have you ever lost time from work because of using or drinking?

Yes___ No___

Have you ever sneaked or hidden your use?

Yes___ No___

On occasion, do you feel uncomfortable if alcohol or your drug is not available?

Yes___ No___

Do you continue drinking or using when friends or family suggest you have had enough?

Yes___ No___

Have you ever felt guilty or ashamed about your drinking or using or what you did while under the influence?

Yes___ No___

Has your efficiency decreased as a result of your drinking or using?

Yes___ No___



When using or drinking, do you neglect to eat properly?

Yes___ No___

Do you use or drink alone?

Yes___ No___

Do you use or drink more than usual when under pressure, angry, or depressed?

Yes___ No___

Are you able to drink or use more now without feeling it, compared to when you first started using?

Yes___ No___

Have you lost interest in other activities or noticed a decrease in your ambition as a result of your drinking or using?

Yes___ No___

Have you had the shakes or tremors following heavy drinking or using or not using for a period of time?

Yes___ No___

Do you want to drink or use at a particular time each day?

Yes___ No___

Do you go on and off "The Wagon?"

Yes___ No___

Is drinking or using jeopardizing your job?

Yes___ No___

If you answer "yes" to one or more of the above questions, it does not necessarily imply a chemical dependency problem, three or more "yes" answers suggest that you should more closely evaluate your drug and or alcohol use