

Alcohol and Drug Use Self-Assessment

The following self-assessment tool was developed to determine whether or not you or a loved one might have a drug or alcohol problem. For more information, please contact us at 715.723.5585 or 800.680.4578.

- Y N **1.** Do you have unstoppable cravings for drugs or alcohol?
- Y N **2.** While under the influence have you ever hurt yourself or others?
- Y N **3.** If you have caused harm to people, have you ever promised not to do it again but been unable to keep the promise?
- Y N **4.** Have people ever made comments about your drug or alcohol use?
- Y N **5.** Does your drinking or using negatively affect the way you perform at work or at school?
- Y N **6.** Do you drink or use to numb your feelings?
- Y N **7.** Do you drink or use because you feel insecure or self-conscious about yourself?
- Y N **8.** Have you been in trouble with the law or any other authority because of the amount you drink or use?
- Y N **9.** Have you tried to stop using drugs or drinking but found that you are unable?
- Y N **10.** Have you lost or damaged relationships because of the way you use and drink?
- Y N **11.** Have you started to drink or use alone because you are ashamed or because you do not want to share what you have with others?
- Y N **12.** Do you feel the desire to constantly be drunk or “high”?
- Y N **13.** Have you ever been arrested for a DUI, DWI or any drug related offense?
- Y N **14.** Are you unable to have good time with people at places such as parties or clubs if you are not under the influence of drugs or alcohol?
- Y N **15.** Have you ever woken up the next morning after drinking or using and been unable to remember what happened the night before?
- Y N **16.** Do you ever tell yourself you will just have one or two drinks but find you have several more than you planned?
- Y N **17.** Are the people you prefer to hang out with people who use drugs and drink the way you do?
- Y N **18.** Have you ever stayed drunk or “high” for multiple days at a time?
- Y N **19.** Do you find that you are defensive about what people say concerning your drinking and drug use?
- Y N **20.** If so, do you drink and use more because they made you upset?

If you answered “Yes” to 3 or more of the above questions, then it is likely that an alcohol or drug problem exists. Please contact us at 715.723.5585 or 800.680.4578.