

Addiction Self Assessment Test

- Do you every drink or use drugs to help you sleep?
- Do you hide or use or lie about the amount you drink or use?
- Do you ever spend money that should be spent on bills?
- Do you drink regardless of the consequences?
- Do you use or drink to cope with feelings of pain, anger or depression?
- Do you have any legal problems as a result of use?
- Have you ever missed work because of your drinking or using?
- Have you ever lost a job because of drinking or drug use?
- Have you ever felt you should cut down on your drinking or drug use?
- Are you unhappy with yourself when you look in the mirror? Do you like what you see?
- Do you feel tired a lot?
- Do you question yourself whether or not you have a problem?
- Have you ever used the expression that "I was feeling down and I just needed a pick me up"?
- Have you told a loved one that "I'm sorry, I won't use again"?
- Have you ever been annoyed when people have commented on your drinking or use?
- Have you ever had an eye first thing in the morning in the morning to steady your nerves or get rid of a hangover?
- Have you ever said that you know you have been drinking or using a lot lately but it's just that you are under a lot of stress right now?
- Do you live in fear of loved ones finding out that you drink or use?
- Have you ever had an eye opener first thing in the morning to steady your nerves or get rid of a hangover?
- Do you find it difficult to enjoy yourself at a party if there is nothing to drink or drugs to use?
- Have you ever wondered about your high tolerance to drink and use drugs and were perhaps somewhat proud of this?
- Have you ever failed to keep your promises to yourself about controlling or cutting down your drinking or using?

If you have answered "yes" to any of the preceding questions, then you may want to consider the possibility of having an addiction that is growing out of your control. Contact Crowley's Ridge Development Councils Recovery Center for a confidential assessment 1-870-932-0028.