

Do you have an alcohol / drug problem?

- Do you sometimes drink/use more after a disappointment or when someone at work criticises you?
- When you have trouble or feel that you are under pressure do you always drink/use more than usual?
- Have you noticed that you have been able to handle more alcohol/drugs than you did when you were first using?
- Did you ever wake up on the “morning after” and discover that you could not remember part of the evening before, even though your friends tell you that you did not “pass out?”
- When drinking/using with other people, do you try to have a few extra “hits” when others will not know it?
- Are there other occasions when you feel more comfortable if alcohol/drugs are not available?
- Have you noticed recently that when you start drinking/using you are in a more of a hurry to get that first drink/hit than you used to be?
- Do you sometimes feel a little guilty about your drinking/using?
- Are you secretly irritated when your family or friends discuss your drinking/using?
- Have you recently notice an increase in memory blanks?
- Do you often find that you wish to continue drinking/using after your friends say that they have had enough?
- Do you usually have a reason for the occasion when you drink/use heavily?
- When you are sober do you often regret what you have done or said when drinking/using?
- Have you tried switching drinks/drugs or following different plans for controlling your using?
- Have you failed to keep promises you have to yourself about controlling or cutting down your drinking/using?
- Have you tried to control your using by making a change in jobs, or moving to a new location?
- Do you try to avoid family and close friends when you are drinking/using?
- Are you having an increasing number of financial and work problems?
- Do more people seem to be treating you unfairly without good reason?
- Do you eat very little or invariably when drinking/using?
- Do you some times crave your drink/drug in the morning and find out that it helps to have a quick dose?
- Have you recently noticed that you cannot drink/use as much as you once did?
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If you have answered yes to **three or more** of the above questions you may have a drink or drug problem