

## **Do You Think You Might Have a Problem With Alcohol or Other Drugs?**

**Answer these short, "yes"- "no" questions to see if you might need help.**

- ☐ Yes ☐ No 1. Do you use alcohol or other drugs to build self confidence?
- ☐ Yes ☐ No 2. Do you ever drink or get high immediately after you have a problem at home, school or work?
- ☐ Yes ☐ No 3. Have you ever missed work or school due to alcohol or other drugs?
- ☐ Yes ☐ No 4. Does it bother you if someone says that you use too much alcohol or other drugs?
- ☐ Yes ☐ No 5. Have you started hanging out with a heavy drinking or drug using crowd?
- ☐ Yes ☐ No 6. Are alcohol and other drugs affecting your reputation?
- ☐ Yes ☐ No 7. Do you feel guilty or bummed out after using alcohol or other drugs?
- ☐ Yes ☐ No 8. Do you feel more at ease on a date or social event when drinking or using other drugs?
- ☐ Yes ☐ No 9. Have you gotten into trouble at home, work, or school for using alcohol or other drugs?
- ☐ Yes ☐ No 10. Do you borrow money or "do without" other things to buy alcohol and other drugs?
- ☐ Yes ☐ No 11. Do you feel a sense of power when you use alcohol or other drugs?
- ☐ Yes ☐ No 12. Have you lost friends since you started using alcohol or other drugs?
- ☐ Yes ☐ No 13. Do your friends use less alcohol or other drugs than you do?
- ☐ Yes ☐ No 14. Do you drink or use other drugs until your supply is all gone?
- ☐ Yes ☐ No 15. Do you ever wake up and wonder what happened the night before?
- ☐ Yes ☐ No 16. Have you ever been arrested or hospitalized due to alcohol or use of illicit drugs?
- ☐ Yes ☐ No 17. Do you "turn off" or avoid studies or lectures about alcohol or illicit drug use?
- ☐ Yes ☐ No 18. Have you ever tried to quit or to cut back using alcohol or other drugs?
- ☐ Yes ☐ No 19. Has there ever been someone in your family with a drinking or other drug problem?
- ☐ Yes ☐ No 20. Could you have a problem with alcohol or other drugs?