

DO YOU THINK YOU MIGHT HAVE A PROBLEM WITH ALCOHOL OR OTHER DRUGS?

National Council on Alcohol and Drug Dependence

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?

If you answer "yes" to any three of the above questions, you may be at risk for developing alcoholism and/or dependence on another drug. If you answer "yes" to five of these questions, you should seek professional help immediately.

Call The Council at (713)942-4100. Someone can be reached 24 hours a day, seven days a week. Our e-mail address is info@council-houston.org.

Note: This test was adapted from a test offered by the National Council on Alcoholism and Drug Dependence. It is not meant to be used to diagnose a problem with alcohol or other drugs. Its purpose is for identification of a possible problem. Only a physician or professional clinician should diagnose.