

**SELF ASSESMENT**  
**QUESTIONS THE USER SHOULD ASK THEMSELVES**  
**WHO? ME?**

1. Do you sometimes “turn off” to people who give talks on alcohol and drugs?
2. Have you ever gotten into trouble at school because of alcohol or drugs?
3. Have you gotten into trouble with the police because of alcohol or drugs?
4. Do you prefer to be around friends who drink or use drugs?
5. Have you ever been busted for possession of an illegal drug?
6. Do you drink or use drugs in an effort to feel more relaxed around people?
7. Do you use alcohol or drugs to relax when you feel tense or nervous?
8. Do you use alcohol or drugs to help forget your worries?
9. When you drink, do you usually end up drinking more than your friends?
10. Do you sometimes get drunk or stoned when you didn’t really intend to?
11. Do you sometimes try to cut down on your drinking or use of drugs?
12. Does it ever bother you if someone says you drink too much or have a problem with drugs?
13. Do you ever drink or get high alone?
14. Have you ever borrowed money or done without other things in order to buy alcohol or drugs?
15. Have you ever skipped meals while drinking?
16. Do you sometimes gulp down a drink rather than drink it slowly?
17. Has drinking or using drugs ever made you more sensitive?
18. Have you ever had a drink, joint or pill in the morning?
19. Have you ever stayed high for more then one day?
20. Do you ever worry about your use of alcohol or drugs?
21. Have you ever gotten into an argument or fight when drinking or using drugs?
22. Have you ever lost or almost lost a friend because of alcohol or drugs?
23. Have you ever lost or almost lost a job because of alcohol or drugs?

24. **Have you ever missed school because of drinking or drugs?**
25. **Have you ever cut class to have a drink or get high?**
26. **Have you ever stayed away from school because of a severe hangover?**
27. **Have you ever been in an accident while drinking or using drugs?**
28. **Has your use of alcohol or drugs affected your reputation?**
29. **Have you ever felt guilty or “bummed out” after drinking or using drugs?**
30. **Have you ever been in trouble outside of your home because of drinking or drugs?**
31. **Have you ever been hospitalized because of alcohol or drugs?**
32. **Have you ever had times you cannot remember while high?**
33. **Have you ever turned to an inferior environment since using alcohol or drugs?**
34. **Have your grades suffered since using alcohol or drugs?**
35. **Has drinking or drugs made you more irritable?**
36. **Have you ever stolen drugs to buy alcohol or drugs?**
37. **Has your circle of friends changed since using alcohol or drugs?**
38. **Are you sometimes overwhelmed with feelings of loneliness or despair?**
40. **Have you ever promised yourself that you would cut down on the use of alcohol or drugs and failed to keep that promise?**

**If you have answered “YES” to any three of these questions, there is a definite warning that alcohol or other drugs may be creating problems in your life. If you answered “YES” to four of these questions, there is a strong probability that alcohol and/or drugs are definitely causing problems in your life. Remember, chemical dependency is a progressive disease; it gets worse!!!!!!**

**THE TIME TO ASK FOR HELP IS NOW!!!!!!!  
THE LIFE YOU SAVE MAY BE YOUR OWN!!!!!!!**