



Addiction Screening Tool

Should I be concerned that I may have an alcohol/drug problem?

Consider these questions and check the boxes for questions that you answer 'yes.'

- Do you lose time from work due to drinking/drugging?
- Is drinking/drugging making your home life unhappy?
- Do you drink/use drugs because you are shy with other people?
- Is drinking/drugging affecting your reputation?
- Have you ever felt remorse after drinking/drugging?
- Have you ever got into financial difficulties as a result of drinking/drugging?
- Do you turn to lower companions and an inferior environment when drinking/drugging?
- Does drink/drug make you careless of your family welfare?
- Has your ambition decreased since drinking/drugging?
- Do you crave for a drink/drug at a definite time daily?
- Do you want a drink/drug the next morning?
- Does drinking/drugging cause you to have difficulty in sleeping?
- Has your efficiency decreased since drinking/drugging?
- Is drinking/drugging jeopardizing your job or business?
- Do you drink/drug to escape from worries or trouble?
- Do you drink/use drugs alone?
- Have you ever had a complete loss of memory as a result of drinking?
- Has a physician ever treated you for drinking?
- Do you drink to build up your self-confidence?
- Have you ever been in a hospital or institution on account of drinking?
 - If you didn't answer YES to any of these questions, your alcohol/drug use is under control.
 - If you answered YES to any ONE of these questions, this is a definite warning that your alcohol/drug use may be becoming problematic. Take a closer look at your lifestyle.
 - If you answered YES to any TWO questions, the chances are your life is being adversely affected due to your alcohol/drug use. Consider getting help.
 - If you answered YES to any THREE OR MORE, your alcohol/drug use is definitely causing you problems and should be taken very seriously. Get help now