

Self-Screening for Alcohol or other Drug Abuse or Addiction

Take this test answering the questions for the last 6 months.

1. Have you used alcohol or drugs more than you think you should?
2. Have you drank or used a drug in a greater quantity than you intended?
3. Have friends or loved ones ever talked to you about drinking or using drugs less often or not drinking as much or using less quantity of drugs.
4. Do you feel frustrated or angry when others talk to you about your alcohol or drug use?
5. Have you felt guilty about your alcohol or other drug use?
6. Have you ever used alcohol or other drugs in the morning to wake up or feel better?
7. Have you had negative consequences from your use related to family, friends, your job, your health or the law?

If you answered yes to two or more of these questions, you are at risk for alcohol or drug abuse or addiction. It is important to contact a chemical dependency counselor for further assessment or attend a local meeting of [Alcoholics Anonymous](#) or [Narcotics Anonymous](#) for help.