

Take A Quiz

1. Have you ever felt you had a problem with or should cut down your drinking, drug use, use of the internet, gambling, overeating, or credit card use and spending?
2. Have any of your family members, friends or colleagues ever suggested to you that you may have a problem?
3. Have you ever found yourself getting defensive or irritated when someone has suggested you may have a problem?
4. Have you ever had any legal difficulties (eg. a DUI) or run up sizeable debts on your credit cards, or with friends or family?
5. Have you ever felt guilty or bad about your use of any of the items in question 1?
6. Have you ever had a drink first thing in the morning to steady yourself, or done any of the above activities to get yourself out of a bad mood, or just to feel better?
7. Have you bought a number of items that have remained unopened at home long after you bought them?
8. Can you stop doing any of the above activities without difficulty and abstain from them without giving them much thought?
9. Have you ever gotten into fights or verbal arguments around your engagement in any of the activities in question 1?
10. Has anyone close to you gone for help to deal with your involvement in any of these activities?
11. Have you ever gotten into trouble at work or lost a job because of any of the above activities?
12. Have you ever neglected your family, your work, or other obligations and responsibilities because of your involvement with any of the above?
13. Have you ever taken more of a prescription drug than was indicated by the prescriber?
14. Have you ever had "blackouts" (where you can't remember what happened for a certain period of time) or "flashbacks"?

15. Have you ever had any medical problems or experienced withdrawal related to your use of alcohol or drugs?

If you answered "yes" to any of the above items, you could have a problem

(Note: Some items have been drawn from the Michigan Alcohol Screening Test and the Drug Abuse Screening Test, the complete versions of which can be found online and taken and scored for free)