

Alcohol/Drug Addiction - Self Diagnosis

Ask yourself the questions below

Do you drink or use drugs alone?

Have you ever had a complete loss of memory as a result of drinking or drug use?

Has your physician ever treated you for drinking or drug use?

Do you drink or use drugs to build up your self-confidence?

Have you ever been to a hospital or institution because of drinking or drug use?

Do you lose time from work due to drinking or drug use?

Is drinking or drug use making your home life unhappy?

Do you drink or use drugs because you are shy with other people?

Is drinking or drug use affecting your reputation?

Have you gotten in financial difficulties as a result of drinking or drug use?

Do you turn to lower companions and an inferior environment when drinking or using drugs?

Does your drinking or drug use make you careless of your family's welfare?

Has your ambition decreased since drinking or using drugs?

Do you crave a drink or drugs at a definite time daily?

Do you want a drink or drugs the next morning?

Does drinking or using drugs cause you to have difficulty sleeping?

Has your efficiency decreased since drinking or using drugs?

Is drinking or using drugs jeopardizing your job or business?

Do you drink or use drugs to escape from worries or troubles?

A. Yes to three or more questions indicates abuse or addiction is present and corrective steps need to be taken.

Alcohol/Drug Addiction - Diagnosing Someone Else

Ask yourself the questions below

If you think a friend, co-worker, or family member with an alcohol or other drug problem may affect you, the following test can help you determine if your suspicions are founded. Answer each question with a "yes" or "no."

Are you ever afraid to be around the person when he or she is drinking or using drugs because of the possibility of verbal or physical abuse?

Do you worry about the person's drinking or drug use?

Has the person broken promises to control or stop his/her drinking or drug use?

Have you ever made excuses for the way the person behaved while drinking or using?

Do you feel guilty about the person's drinking or drug use?

Do you feel anxious or tense around the person because of his or her drinking or drug use?

Are you afraid to ride with the person after he or she has been drinking or using?

Have you ever lied to anyone else about the person's drinking or drug use?

Have you ever helped the person "cover up" for a drinking or using episode by calling his or her employer, or telling others that he or she is feeling "sick"?

Have you ever been embarrassed by the person's drinking or drug use?

If you answered "yes" to three or more of these questions, then there is a good chance that the person you care about has a drinking or drug problem. If you answered "yes" to any five, the chance is even greater. And if you answered "yes" to seven or more, you can feel safe in assuming that the person you care about needs help.

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