

Characteristics of someone with a Chemical Dependence:

- Have you ever decided to stop drinking and/or using for a week or so, but only lasted for a couple of days?
 - Do you wish people would mind their own business about your drinking and/or using and stop telling you what to do?
 - Have you ever switched from one kind of drink or drug to another in the hope that this would keep you from losing control?
 - Have you had to have an "eye-opener" upon awakening during the past year? Do you need a drink or drug to get started, or stop shaking?
 - Do you envy people who can drink or use drugs without getting into trouble?
 - Have you had problems connected with drinking or using during the past year?
 - Has your drinking or using caused trouble at home?
 - Do you ever try to get "extra" drinks or drugs at a party because you did not get enough?
 - Do you tell yourself you can stop drinking or using any time you want to, even though you keep getting inebriated when you don't mean to?
 - Have you missed days of work or school because of drinking or using?
 - Do you have blackouts?
 - Have you ever felt that life would be better if you did not drink or use?
- Did you check two or more? If so, you are probably in trouble with alcohol or drugs