

Substance Abuse Self-Assessment

Check all the statements that apply to you.

- 1. I have had more to drink than I planned.
- 2. I use drugs or alcohol to cope with problems.
- 3. I can't stop using drugs or alcohol when I want.
- 4. I have had problems at work because of my drug or alcohol use.
- 5. I have gone to work under the influence of alcohol or drugs.
- 6. I have been fired because of my drinking or drug use.
- 7. I have had legal problems because of drinking or drug use.
- 8. I have been arrested because of possession of drugs.
- 9. I have been arrested for drinking and driving.
- 10. I have had fights because of my drinking or drug use.
- 11. I have lost friends because of my drinking or drug use.
- 12. Family members have told me I need to stop drinking or using drugs.
- 13. My drinking or drug use makes my home life unhappy.
- 14. People have left me, or threatened to leave me, because of my drinking or drug use.
- 15. I have financial problems because of my drinking or drug use.
- 16. I often think about having my next drink or drug use opportunity.
- 17. I don't care about my goals or dreams when I drink or use drug.
- 18. I spend a lot of time thinking about using drugs or alcohol.
- 19. I go out of my way to fool people about my drinking or drug use.
- 20. I can't remember some of things I've done when drunk or high.
- 21. I have had blackouts after drinking or using drugs.
- 22. I have medical problems because of my drinking or drug use.
- 23. I have engaged in immoral behavior when drinking or using drugs.
- 24. I have to drink more to get the same buzz I used to.
- 25. I have done "crazy" things under the influence of drugs or alcohol.
- 26. I have lost a lot because of my drinking or drug use.
- 27. I may be in denial about my drinking or drug problem.
- 28. Sometimes I think I need help with my drinking or drug use.
- 29. I have relapsed at least once before.
- 30. I can tell you exactly when I hit rock bottom.

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