

Do I Have a Problem with Drugs and/or Alcohol?

Is My Life Being Controlled?

The purpose of this self-test is to enlighten you about your own level of drug and/or alcohol involvement. Please note that these questions can be used for drug or alcohol use.

- Do you ever use alone?
- Have you ever substituted one drug for another, thinking that one particular drug was the problem?
- Have you ever manipulated or lied to a doctor to obtain prescription drugs?
- Have you ever stolen drugs or stolen to obtain drugs?
- Do you regularly use a drug (including nicotine) when you wake up or when you go to bed?
- Have you ever taken one drug to overcome the effects of another?
- Do you avoid people and places that do not approve of you using drugs?
- Have you ever used a drug without knowing what it was or what it would do for you?
- Has your job or school performance ever suffered from the effects of your drug use?
- Have you ever been arrested as a result of using drugs?
- Have you ever lied about what or how much you use?
- Do you put the purchase of drugs ahead of your financial responsibilities?
- Have you ever tried to stop or control your using?
- Have you ever been in a jail, hospital or drug rehabilitation center because of your using?
- Does using interfere with your sleeping or eating?
- Does the thought of not having drugs worry you?
- Do you feel it is impossible for you to live without your drug(s) of choice?
- Do you feel depressed and/or suicidal because of your drug use?
- Is your drug use making your social or home life unhappy?
- Have you ever felt defensive, guilty, or ashamed about your using?
- Do you think a lot about a certain drug or drugs?
- Do you use drugs because of pain or stress?
- Have you ever overdosed on any drug?
- Have you ever blacked out on drugs?
- Do you continue to use despite knowing its negative physical or psychological consequences?
- Do you think you might have a drug problem?

If you answered "yes" to over five of these questions, you might consider contacting a physician or the Council on Chemical Abuse at 610-376-8669 for information on treatment options available in Berks County. After regular business hours, please contact the Drug & Alcohol Hotline at 610-988-8186.