



## Are You At Risk for Addiction?

- 1) Has your pleasure in life become centered around one substance or activity? (food, alcohol, drugs, sex, exercise, or worry)
- 2) Are you highly self-critical?
- 3) Do other people see you as strong, self-sufficient, and controlled (but you know it's not true)?
- 4) Do you avoid conflict?
- 5) Do you feel powerless in many areas of your life?
- 6) Do you have a high need for approval?
- 7) Do you have difficulty making decisions?
- 8) Do you have difficulty in expressing or identifying feelings?
- 9) Do you frequently feel responsible for others' behavior?
- 10) Do you have difficulty in forming close intimate relationships?
- 11) Do you often end up feeling like a victim in situations?
- 12) Does it seem like your bad luck just keeps increasing?
- 13) Are you feeling increasingly unable to control your behavior?

### How often did you answer "yes" to the questions above?

0-3: You may be slightly compulsive but it is unlikely you have a tendency to become addicted to substances or behaviors that will hurt you.

4-8: You definitely are entering a danger zone where your use of substances or compulsive behaviors will put you in harm's way.

8-13: Your use of substances and compulsive behaviors is putting your health, your finances, your career, and your relationships at risk. Get help now!