



Alcohol/Drug Addiction – Diagnosing Others

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.