

DRUG SELF ASSESSMENT

Worried about yourself?

Use this questionnaire to review your drug usage behavior.

How can I recognize signs of a drug Related Problem in Myself?

- Getting high to calm nerves, forget worries, or boost a sad mood.
- Guilt about getting high.
- Unsuccessful attempts to cut down/stop getting high.
- Lying about or hiding one's drug use.
- Causing harm to one's self or someone else as a result of using drugs.
- Needing to use increasingly greater amounts of drugs in order to achieve desired effects.
- Feeling irritable, resentful, or unreasonable when not using drugs.
- Medical, social, family, or financial problems caused by drug use.
- Spending a great deal of time getting and using drugs.
- Using drugs in risky situations such as before driving or engaging in unwanted/unprotected sex.

Questionnaire Interpretation

A "yes" to any of the above questions may indicate a reason for concern. It is recommended that you talk to a professional at the Counseling Center at 464-5002 or the counselor at the Office of Alcohol and Drug Education at 464-6820. Community resources are also available through Porter-Starke at (ph #). For other informational resources go to www.drughelp.org; or call 1-800-488-drug.

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