

How to Tell If Someone You Know Is Addicted to Alcohol/ Drugs

Often, addicts are in denial, and the last to recognize or admit, that they have a problem with alcohol or drugs. Therefore, the following test, while not a diagnostic tool, can help you to determine if you suspect someone you know is addicted. Answer each question with a "yes" or a "no".

- _____ 1. Is the person drinking or using any other drug more than in the past?
- _____ 2. Are you afraid, because of possible physical or verbal abuse, to be around the person when he or she is drinking or using other drugs?
- _____ 3. Has the person ever forgotten or denied things that happened during a drinking or using episode?
- _____ 4. Do you worry about the person's drinking or other drug use?
- _____ 5. Does the person refuse to discuss his or her drinking or other drug use, or even to discuss the possibility that he or she might have a problem with it?
- _____ 6. Has the person broken promises to control or stop his or her drinking or drug use?
- _____ 7. Has the person ever lied about his or her drinking or using, or tried to hide it from you?
- _____ 8. Have you ever been embarrassed by the person's drinking or other drug use?
- _____ 9. Have you ever lied to anyone about the person's drinking or drug use?
- _____ 10. Have you ever made excuses for the way the person behaved while drinking or using?
- _____ 11. Are many of the person's friends heavy drinkers, or do they use other drugs?
- _____ 12. Does the person make excuses to justify his or her drinking or drug use?
- _____ 13. Do you feel guilty about the person's drinking or drug use?
- _____ 14. Are holidays and other social functions often unpleasant for you because of the person's drinking or other drug use?
- _____ 15. Do you feel anxious or tense around the person because of his drinking or other drug use?
- _____ 16. Have you ever helped the person "cover up" for a drinking or using episode__ for example by calling an employer or telling others that "he's (she's) sick"?
- _____ 17. Does the person deny he or she has a drinking / using problem because he or she drinks only beer or wine? Or deny having a problem because use is "limited" to a few lines of coke, marijuana, diet pills, or some other "harmless" substance?
- _____ 18. Does the person's behavior change noticeably when he or she is using or drinking? (For example, a normally quiet person might become loud and talkative, or a normally mild-mannered person might become quick to anger)

- _____ 19. Does the person avoid social functions where alcohol or other drugs won't be available?
- _____ 20. Does the person insist on going only to restaurants that serve alcohol, or only to social events where alcohol or other drugs will be available?
- _____ 21. To your knowledge, has the person ever driven a car while drunk or under the influence of other drugs?
- _____ 22. Has the person ever received a DWI (driving while intoxicated) or DUI (driving while under the influence)?
- _____ 23. Are you afraid to ride with the person after he or she has been drinking or using?
- _____ 24. Has anyone else talked to you about the person's drinking or using behavior?
- _____ 25. Has the person ever expressed remorse for his or her behavior during a drinking or other drug using episode?
- _____ 26. If you are married to the person and have children, are the children afraid while he or she is drinking or using?
- _____ 27. Does the person seem to have low self-esteem?
- _____ 28. Have you ever found alcohol or other drugs he or she has hidden?
- _____ 29. Is the person having financial or job problems that seem to be related to his or her alcohol or other drug use?
- _____ 30. Does the person look forward to times when he or she can drink or use other drugs?

If you answered "yes" to any three of these questions, there's a good chance that the person you care about has an alcohol or other 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 safely assume that the person has a problem with alcohol/drug addiction.

**Here is a rule of thumb about alcohol/drug addiction that you may find helpful:
"If the use of alcohol or other drugs is causing any continuing disruption in an individual's personal, social, spiritual or economic life, and the individual doesn't stop using, he or she is addicted."**