

Answer the following seven yes or no questions. Most questions have more than one part, because everyone behaves differently in addiction. You only need to answer yes to one part for that question to count as a positive response.

- 1. Tolerance.** Has your use of drugs or alcohol increased over time?
- 2. Withdrawal.** When you stop using, have you ever experienced physical or emotional withdrawal? Have you had any of the following symptoms: irritability, anxiety, shakes, sweats, nausea, or vomiting?
- 3. Difficulty controlling your use.** Do you sometimes use more or for a longer time than you would like? Do you sometimes drink to get drunk? Do you stop after a few drinks usually, or does one drink lead to more drinks? Do you ever regret how much you used the day before?
- 4. Negative consequences.** Have you continued to use even though there have been negative consequences to your mood, self-esteem, health, job, or family?
- 5. Put off or neglect activities.** Have you ever put off or reduced social, recreational, work, or household activities because of your use?
- 6. Spend significant time or emotional energy.** Have you spent a significant amount of time obtaining, using, concealing, planning, or recovering from your use? Have you spent a lot of time thinking about using? Have you ever concealed or minimized your use? Have you ever thought of schemes to avoid getting caught?
- 7. Desire to cut down.** Have you sometimes thought about cutting down or controlling your use? Have you ever made unsuccessful attempts to cut down or control your use?

If you answered yes to at least 3 of these questions, then you meet the medical criteria for addiction.