

PATTERSON THERAPY AND INTERVENTION

WIN-WIN INTERVENTION CONSULTING

INDIVIDUAL QUESTIONNAIRE: ARE YOU ADDICTED?

Instructions: Circle answers. Answer the questions as honestly as you can.

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| 1. | Do you lose time from work due to drinking or drug use? | Yes | No |
| 2. | Is drinking or drug use making your home life unhappy? | Yes | No |
| 3. | Do you drink or use drugs because you are shy with other people? | Yes | No |
| 4. | Is drinking or drug use affecting your reputation? | Yes | No |
| 5. | Have you ever felt remorse after drinking or using drugs? | Yes | No |
| 6. | Have you gotten into financial difficulties as a result of drinking or drugs? | Yes | No |
| 7. | Do you turn to lower companions and an inferior environment when drinking or using drugs? | Yes | No |
| 8. | Does your drinking or drug use make you careless of your family's welfare? | Yes | No |
| 9. | Has your ambition decreased since drinking or using drugs? | Yes | No |
| 10. | Do you crave a drink or drug at a definite time daily? | Yes | No |
| 11. | Do you want to drink or use drugs the next morning? | Yes | No |
| 12. | Does drinking or drug use cause you to have difficulty sleeping? | Yes | No |
| 13. | Has your efficiency decreased since drinking or using drugs? | Yes | No |
| 14. | Is drinking or drug use jeopardizing your job or business? | Yes | No |
| 15. | Do you drink or use drugs to escape from worries or trouble? | Yes | No |

16.	Do you drink or use drugs alone?	Yes	No
17.	Have you ever had a complete loss of memory as a result of drinking or drug use?	Yes	No
18.	Has your physician ever treated you for drinking or drug use?	Yes	No
19.	Do you drink or use drugs to build up your self-confidence?	Yes	No
20.	Have ever been to a hospital or institution because of your drinking or drug use?	Yes	No

The test questions above are used by Johns Hopkins University Hospital in Baltimore, Maryland when deciding whether or not a patient is an alcoholic.

- If you have answered YES to any one of the questions, this is a definite warning that you ***may be an alcoholic or addict.***
- If you have answered YES to any two questions, the chances are you ***are probably an alcoholic or addict.***
- If you answered YES to any three or more questions, you ***are definitely an alcoholic or addict.***

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