



Concerned about your use of alcohol or drugs (or someone you know)? Take the test to find out if it is time to do something about it. Take this free quiz to get some answers.

- 1) Do you lose time from work due to alcohol/drug use?
- 2) Is alcohol/drug use starting to affect your family life?
- 3) Do you drink alcohol/use drugs to feel more sociable?
- 4) Has your motivation/ambition decreased recently?
- 5) Have you ever had a blackout after drinking alcohol/using drugs?
- 6) Have you ever gotten into financial problems because of your alcohol/drug use?
- 7) Has your alcohol/drug use started to affect your reputation?
- 8) Have you ever felt remorse in the morning after a night of drinking/drug use?
- 9) Do you turn to “lower companions” or inferior environments when drinking alcohol/using drugs?
- 10) Do you crave alcohol/drugs at a certain time of the day?
- 11) Has your alcohol/drug use caused you to jeopardize the welfare of your family in any way?
- 12) Are you having difficulty sleeping?
- 13) Do you ever drink or use drugs alone?
- 14) Do you drink to avoid dealing with certain situations (worries/problems)?
- 15) Do you want alcohol/drugs the next morning?
- 16) Has your alcohol/drug use ever jeopardized your job?
- 17) Has your productivity at work decreased due to alcohol/drug use?
- 18) Have you ever been treated for alcohol/drug use?
- 19) Do you use alcohol/drugs to improve your confidence or performance?
- 20) Have you ever been in a hospital or institution on account of your drinking/drug use?

If you answered yes to 2-4 questions, then you are experiencing definite warning signs.

If you answered yes to 4-6 questions, then your life is being adversely affected by alcohol/drug use.

If you answered yes to more than 6 questions, then you are in a dangerous area please seek professional help immediately.

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