



This FREE RESOURCE is provided by The Lighthouse.
The Lighthouse is a faith-based program helping those in our community find freedom and hope from life altering addictions. If you would like to know more about our program, please call us at 260-255-6413.

Addiction Test

This test includes normal issues that happen to people who have an addiction problem. Answer the following questions as honest as possible to see if you have an addiction problem and how serious it is. Read each statement and try to remember if this has ever happened to you. *Write yes or no in the space provided.*

- _____ 1. Have you ever experienced blackouts? Blackouts are not remembering what has happened after you have been using. Often you get in trouble and do not even know it.
- _____ 2. Have you ever found yourself sneaking drinks or drugs? Sneaking includes hiding how much you are using, hiding a stash, or closet drinking.
- _____ 3. Have you ever made promises you know you will never keep? Promising to never use again, promising to cut down on your drinking or using, promising to help more around the house without ever intending to do so.
- _____ 4. Have you ever drank or used to feel better? Using drugs or drinking to escape stress or your emotions. Getting away from things that bother you be using.
- _____ 5. Have you ever used to escape problems? You find yourself using drugs or alcohol to cope with the things that bother you instead of dealing with the problems themselves.
- _____ 6. Have you ever felt guilty about how much you use? You feel guilty about the quantity or frequency of your use or the things you do when you use.
- _____ 7. Have you noticed that you are dependant on your drug of choice? Do you rarely find yourself doing anything without drugs or alcohol?
- _____ 8. Do you find yourself making excuses so you can continue to use? You use issues or problems in your life to give you an excuse to use.
- _____ 9. Do you find yourself using more than those around you? You start to hang out with people who use more like you and stop hanging around those people who use less than you.
- _____ 10. Do you find that it takes more to get the same feeling? Your tolerance goes up and you are now just chasing the high.
- _____ 11. Do you use the stronger stuff first to get a good buzz on? You are finding that you need to use a lot quickly to get a head start on the other people you are partying with.
- _____ 12. Have you noticed how you have started giving up things that you enjoy just to use? You have stopped your hobbies and favorite activities because you would rather use instead.

- _____ 13. Have you noticed that you have tried to control your use more than you ever had to before? You try to slow down or quit but you can't.
- _____ 14. Have you started to feel bad about how your use has hurt others? You end up hurting those you love but don't mean to.
- _____ 15. Have you found yourself showing off just to prove that you are ok? You don't like others telling you that you have a problem so you are going to show them that you are ok.
- _____ 16. Have you made major changes in your life because of drugs or alcohol? You may change jobs, leave a relationship, or move because of your relationship with drugs or alcohol.
- _____ 17. Are you holding onto resentments that you should have let go of? Resentments can be a sign that you are letting substances control your relationships.
- _____ 18. Have you found yourself bargaining with God? Turning to God or religion to get you out of trouble is a common sign of addiction.
- _____ 19. Have you found yourself in treatment or jail? Misusing substances can lead to a variety of unwanted consequences.
- _____ 20. Do you feel totally defeated in your life? Feeling defeated is a normal feeling when you are struggling with addiction.
- _____ 21. Do you have work or money troubles? Having work problems, or money issues is a sure sign that your addiction is taking over your judgment.
- _____ 22. Have you been avoiding your close friends and family members? Avoiding those you love because you don't want to let them know what you are doing, or hurt them is a dangerous path to take.
- _____ 23. Are you neglecting nutrition and exercise? Not eating well and not taking care of yourself are signs of addictive behavior.
- _____ 24. Have you experienced withdrawal symptoms from using? People who do not abuse substances do not have withdrawal.
- _____ 25. Are you experiencing health related issues? Losing weight, feeling sick, or internal bleeding are common signs of substance abuse.
- _____ 26. Do you find yourself using all the time? Using constantly to feel normal isn't normal!
- _____ 27. Do you hang out with people who are worse off than you? Doing this may make you feel better for a little while.
- _____ 28. Are you paranoid? Drugs and alcohol can affect the brain to the point of paranoia.
- _____ 29. Do you feel lost and alone? Feeling lonely or lost is a sign that you have separated yourself from your values.
- _____ 30. Have you given up? Giving up is the end point of the addictive game. If you give up you lose!

If you have answered yes to any of these questions, you need to take a close look at your drinking or drug use. Not looking at these issues in your life closely can lead to further problems or cause a deeper denial.