



## **Substance Addiction Self-Assessment**

(Substance addictions include alcohol, drugs, sugar and food - diagnosable disorders include: Binge Eating Disorder, Compulsive Overeating, Alcoholism and Drug Addiction).

1. At times do you find yourself using/consuming your substance for no apparent reason?
2. Do you go on sprees or binges periodically?
3. Do you have feelings of guilt and remorse after consuming/using?
4. Do you give too much time and thought to your substance?
5. Do you look forward with pleasure and anticipation to the time when you can use or eat alone?
6. Do you plan these secret sprees/binges ahead of time?
7. Do you use or eat sensibly before others and make up for it alone?
8. Is your substance use or eating affecting the way you live your life?
9. Have you tried to quit for a week (or longer), only to fall short of your goal?
10. Do you resent others telling you to "use a little willpower" to quit?

11. Despite evidence to the contrary, have you continued to assert that you can stop "on your own" whenever you wish?
12. Do you crave your substance at a definite time, day or night?
13. Do you use or eat to escape from worries or trouble?
14. Have you ever been medically treated for a substance abuse or a food-related condition?
15. Does your using/eating behavior make you or others unhappy?
16. Has your tolerance for your substance increased over time? Has your capacity for food increased over time?
17. Are you frightened about giving up your substance (food)?
18. Have you begun to isolate from others in favor of being able to use or eat freely?
19. Do you find yourself feeling a great deal of shame over your using/eating?
20. Have you experienced negative consequences because of your using or eating (e.g., legal, medical, relationship problems, work-related problems, anger management issues, erratic behavior, being avoided by others, outgrowing clothes?)

If you answered yes to some of these questions, you may be addicted and could benefit from Substance Abuse Treatment or Eating Disorder Treatment.