

Addressing Addictions - Self-reflection Questions

Many people turn to alcohol or drugs to ease tension and hurt. Under the influence, we can feel more relaxed and confident and better able to achieve things that may normally be difficult - to socialise, unwind, express emotions or sleep.

If you are wondering whether you are developing a problem, take stock by honestly answering the following questions which measure the impact of using on your life:

- ✦ Do you use alcohol or drugs frequently to manage stress or emotional pain?
- ✦ Have there been times when you've missed appointments, been unavailable for work or let people down after using?
- ✦ What have you noticed about how your mood changes when you use?
- ✦ Is your use having an adverse effect on the people close to you?
- ✦ Is using affecting your health?
- ✦ What is the emotional and financial cost to you and your family?
- ✦ Have others expressed concern about your using?
- ✦ Have you behaved in ways you've later regretted after using?
- ✦ Have you ever had blackouts or memory losses after using?
- ✦ What do alcohol or drugs provide you with?
- ✦ What do they steal from you?
- ✦ Do you have a family history of alcohol or drug use?
- ✦ Have you tried you give up or reduce before and failed?
- ✦ Based on your history with drugs or alcohol, is cutting back a viable option for you or do you need to stop altogether?
- ✦ What help do you need in order to achieve that goal?

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