

Healthy

Living in Recovery

Drug and Alcohol Use Self-Assessment

Welcome to our Drug and Alcohol Use Self-Assessment. This online tool is designed to help you reflect on your substance use and identify potential issues. Your responses are completely confidential. Please answer each question with a simple "Yes" or "No."

Question	Yes	No
Do most or all of your social activities include drinking, smoking marijuana, or using drugs?		
Have you had regrets about your behavior after drinking or using drugs?		
Do you drink or use more to get the same effect you used to?		
Have you ever forgotten all or part of an evening after drinking?		
Have you ever missed work, school, or other obligations because of drinking or using?		
Have you ever had personal, legal, or financial problems related to drinking or using but didn't alter your use patterns?		
Do you have any family members with an alcohol or other drug problem?		
Have you ever tried to stop or cut down but weren't always successful?		

If you answered "Yes" to two or more questions, you may be developing unhealthy drinking or substance use habits. It may be helpful for you to speak with a peer or professional.

Remember, we are here to help. Call us at 401-608-3322 or 888-344-4045.

This assessment is not a substitute for professional advice but can be a starting point for seeking further help and understanding your substance use disorder.