

# Assess yourself

## Do You Have a Problem with Drugs?

### 1 Are You Controlled by Drugs?

A dependent person can't stop using drugs. This abuse hurts the user and everyone around him or her. The more "yes" checks you make below, the more likely it is that you have a problem.

1. Do you use drugs to handle stress or escape from life's problems?
2. Have you unsuccessfully tried to cut down on or quit using your drug?
3. Have you ever been in trouble with the law or been arrested because of your drug use?
4. Do you think a party or social gathering isn't fun unless drugs are available?
5. Do you avoid people or places that do not support your usage?
6. Do you neglect your responsibilities because you'd rather use your drug?
7. Have your friends, family, or employer expressed concern about your drug use?
8. Do you do things under the influence of drugs that you would not normally do?
9. Have you seriously thought that you might have a chemical dependency problem?

Yes	No
<input type="radio"/>	<input type="radio"/>

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### 2 Are You Controlled by a Drug User?

Your love and care may actually be enabling another person to continue chemical abuse, hurting you and others. The more "yes" checks you make below, the more likely there's a problem.

1. Do you often have to lie or cover up for the chemical abuser?
2. Do you spend time counseling the person about the problem?
3. Have you taken on additional financial or family responsibilities?
4. Do you feel that you have to control the chemical abuser's behavior?
5. At the office, have you done work or attended meetings for the abuser?
6. Do you often put your own needs and desires after the user's?
7. Do you spend time each day worrying about your situation?
8. Do you analyze your behavior to find clues to how it might affect the chemical abuser?
9. Do you feel powerless and at your wits' end about the abuser's problem?

Yes	No
<input type="radio"/>	<input type="radio"/>

## YOUR PLAN FOR CHANGE

The **Assess yourself** activity describes signs of being controlled by drugs or by a drug user. Depending on your results, you may need to change certain behaviors that may be detrimental to your health.

#### Today, you can:

- Imagine a situation in which someone offers you a drug and think of several different ways of refusing. Rehearse these scenarios in your head.
- Stop by your campus health center to find out about any drug treatment programs or support groups they may have.

#### Within the next 2 weeks, you can:

- Think about the drug use patterns among your social group. Are you ever uncomfortable with these people because of their drug use? Is it difficult to avoid using drugs when you are with them? If the answers are yes, begin exploring ways to expand your social circle.

If you are concerned about your own drug use or the drug use of a close friend, make an appointment with a counselor to talk about the issue.

#### By the end of the semester, you can:

- Participate in clubs, activities, and social groups that do not rely on substance abuse for their amusement.
- If you have a drug problem, make a commitment to enter a treatment program. Acknowledge that you have a problem and that you need the assistance of others to help you overcome it.