

TWU Counseling Center

Is My Substance Use a Problem???

A Substance Use and Abuse Questionnaire

When you are stressed, do you drink or use another substance more than usual?

Do you look for reasons to get drunk or high?

Does anyone in your family have a history of drug or alcohol abuse?

Are you apt to use alcohol or other drugs heavily after getting a bad grade or arguing with a friend?

Do you sometimes regret things you said or did while you were drunk or high?

Do you need alcohol or another drug to be "yourself" and have a good time?

Do you ever wake up on the "morning after" and discover that you cannot remember part of the evening before?

Have you ever tried to cut down on your use of alcohol or other drugs?

Have you ever driven your car and worried that you might be stopped by a cop who could arrest you for being "under the influence" of a substance?

Do you feel annoyed when friends or relatives bring up the subject of your drinking or other drug use?

Have you ever missed class, work, or social activities due to drinking or other drug use?

When you drink, do you usually get drunk?

If you answered "YES" to two or more of these questions, you might consider the TWU Counseling Center's services. In counseling, you can consider how the use of alcohol and other drugs affect your relationships, school, work, health and motivation. These services are appropriate for those wondering about their own behavior, or concerned about the substance use of friends or family. Call 940-898-3801 for an appointment.

Adapted from: George Washington University Counseling Center