Substance misuse (quiz)

Drinking or using drugs is a problem if it causes your behavior to change or changes how you use alcohol or drugs. Take a few minutes to place a checkmark next to the statements with which you agree.

My drinking or drug use has...

- Made me more aggressive or mean.  
- Interfered with personal obligations, like taking care of my family or working.  
- Put me in danger. For example, I have used drugs or alcohol before driving or operating machinery.  
- Led to legal problems.  
- Interfered with how well I do at work.

Your reasons to drink or use drugs and how much you use them can indicate a problem.

- My friends or family members have said something to me about how often I drink or use drugs.  
- I sometimes feel guilty about drinking or using drugs.  
- I drink or use drugs to cope with stress or my problems.  
- I am drinking more or using more drugs than I used to.  
- I have wanted to or tried several times to cut down on how much I use alcohol or drugs.  
- I spend a lot of time getting alcohol or drugs.  
- I need to drink more or use more drugs to get the same effect.  
- I am sick when I try to stop drinking or using drugs.

If any of these statements are true, you may be developing or already have a problem with alcohol or drugs.

Admitting you need help is very hard. It may be tough to seek help because you feel shame or guilt, or because you have doubts about whether you can stop. Remember that many people have beaten alcohol or drug problems, and all have started with these feelings and doubts.

Help is available. For additional information, visit www.MagellanHealth.com/MYMH