

## Recovery Calgary Self-Assessment Tool



1. Do you drink more than 2 drinks per day on average, in a week (1.5 if you are a woman)? A drink is 1 ounce of hard liquor, one beer or 6 ounces of wine. Answer yes even if you consume all the drinks over a weekend.
2. Do you use alcohol or drugs to cope with stress?
3. Do you ever drink or use more than you had intended or than you told yourself you would when you started?
4. Has your performance at work, school or home been affected by your drug or alcohol consumption?
5. Has a friend or relative ever told you that they were concerned about your alcohol or drug use?
6. Do you find it hard to stop drinking easily after one or two drinks?
7. Do you find it hard to stop using easily after you start using drugs?
8. Do you find yourself thinking about when you will be able to have your next drink or use again?
9. Have you ever used drugs from an unknown origin?
10. Have you ever awakened after drinking or using and could not remember part of the evening?
11. Do you say or do things while intoxicated that you later regret while sober?
12. Do you experience withdrawal symptoms after not consuming drugs or alcohol for an extended period of time?
13. Have you ever gone to anyone for help about your drinking or drug use? (including AA, NA, CA etc.)
14. Do you ever remain drunk or high for days at a time?
15. Do you experience guilt and/or remorse after drinking or using?
16. Have you ever promised yourself that you are going to quit drinking or using only to find yourself drinking or using again?
17. Have you ever tried methods to cut down on your drinking or drug use?
18. Do you ever sneak drinks or hide your drug use at parties or get high or "buzzed" before attending social events so that people can't gauge how much you are using or drinking?
19. Do you tell yourself or others that you can quit anytime but still get drunk and/or high without meaning to?
20. In the past year have you ever had a drink or used drugs upon waking up to feel better from the night before?

If you have answered yes to **three** or more of these questions, it is highly probable that you have a drinking or drug use problem.

[Click here if you are ready to change you life or if you would like more information.](#)