

AM I AN ALCOHOLIC OR DRUG ADDICT?

Answering the following questions will give you some idea of whether or not alcohol or drugs is becoming a problem in your life. Try to be as honest with yourself as you can.

The *CAGE Questionnaire

1. Have you ever felt you should **C**ut down on your drinking or drug use?
 No Yes

2. Have people **A**nnoyed you by criticizing your drinking or drug use?
 No Yes

3. Have you ever felt bad or **G**uilty about your drinking or drug use?
 No Yes

4. Have you ever had a drink or taken a drug first thing in the morning to steady your nerves or get rid of a hangover (i.e. **E**ye-opener)?
 No Yes

A positive response to 2 or more of the 4 questions is considered a positive test and indicates that further assessment is warranted.

*Adapted from: Cherpitel CJ. Brief screening instruments for alcoholism. Alcohol Res World. 1997; 21:348-351.