



Addictions Assessment

From time to time, each of us will feel addictive urges, and sometimes we will even give in to them. But when you cannot control your ability to give in to those urges despite the fact that your habit or behavior is undermining your health, your relationships, your work, your finances, or your self-respect, you may be suffering from an addictive disorder. Common addictive disorders include compulsive overeating, alcohol or drug dependency, compulsive gambling, smoking, compulsive spending, and sexual addiction.

Knowledge is power, and the best place to start gathering the knowledge you need is with a simple self-assessment like the one below.

Instructions: Answer each question “yes” or “no”. When you have answered all of the questions, enter your name and email address to receive your confidential Addictions Assessment report.

	Yes	No
1. I think about the activity a lot when even when I’m not doing it.		
2. I seem to be unable to control the amount of time spent doing the activity		
3. I keep increasing the amount of time that I spend doing the activity.		
4. I find myself denying that I have a problem, even when many things are obviously going wrong.		
5. I hide my activity from family and friends.		
6. When I am unable to do the activity, I find myself becoming irritable, moody, tearful, angry, or hostile.		
7. I would rather do the activity than spend time with a family member or friend.		
8. I forget or ignore family events such as birthdays and visits from friends because of my involvement with the activity.		
9. I have extreme mood swings that are completely unpredictable.		
10. I blame other people for my troubles and often feel unwilling or unable to take responsibility for my own actions.		
11. I have headaches, stomach disorders, and other unexplained and ongoing physical symptoms.		
12. I have begun to neglect my appearance and to do hurtful or illegal things.		

My Name Is:	
My Email Address Is:	

Look forward to your Addictions Assessment report arriving in your inbox soon!
 This confidential assessment tool is provided courtesy of the Southlake Center