

## CHEMICAL DEPENDENCY TEST

Chemical dependency refers to alcohol, drug or prescription medication abuse. If you find you cannot quit drinking or using entirely, or if you have little control over the amount you consume, you probably struggle with addiction. If that is the case, you may be suffering from a problem which only a spiritual solution will conquer.

**Take this test** to see where you're at:

- Have you ever decided to stop drinking and/or using for a week or so, but it only lasted for a couple of days?
- Is it difficult for you to stop drinking after one or two drinks?
- Do you wish people would mind their own business about your drinking and/or using, and stop telling you what to do?
- Have you ever switched from one kind of drink or drug to another in the hope that this would keep you from losing control?
- Have you had to have an "eye-opener" upon awakening during the past year? Do you need a drink or a drug to get started or to stop shaking?
- Do you envy people who can drink or use drugs without getting into trouble?
- Have you had problems connected with drinking or using during the past year?
- Has your drinking or using caused trouble at home?
- Have you lost friends because of your drinking/using?
- Do you ever try to get "extra" drinks or drugs at a party because you did not get enough?
- Do you tell yourself you can stop drinking or using any time you want to, even though you keep getting inebriated/high when you don't mean to?
- Have you missed days of work or school because of drinking or using?
- Do you have "blackouts"?
- Have you ever felt that your life would be better if you did not drink or use?

\_\_\_\_\_ = **Total boxes checked**

If you checked 2 boxes or more, CR might be the place for you.