

Addiction Self-Test: Do You Need to Seek Professional Help?

Answer the following questions honestly to assess your relationship with addictive substances or behaviors. This quiz is not a diagnostic tool but can provide insight into whether you may benefit from seeking professional help for addiction-related issues.

1. Do you frequently use substances (e.g., alcohol, drugs) to cope with stress, anxiety, or negative emotions?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

2. Have you tried to cut down or stop using substances, but found it difficult or unsuccessful?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

3. Do you experience withdrawal symptoms when you stop using substances (e.g., tremors, nausea, anxiety, insomnia)?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

4. Have you neglected responsibilities at work, school, or home due to substance use?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

5. Do you continue to use substances despite negative consequences, such as legal issues, relationship problems, or health concerns?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

6. Do you spend a significant amount of time obtaining, using, or recovering from the effects of substances?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

7. Have you experienced an increase in tolerance, requiring larger amounts of substances to achieve the desired effect?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

8. Do you engage in risky behaviors while under the influence of substances, such as driving under the influence or unprotected sex?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

9. Have you lost interest in activities or hobbies that were once important to you due to substance use?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

10. Do you feel unable to function normally without using substances, and do you experience cravings when you try to stop?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always

Scoring: Add up the points for each question based on the following scale:

Never = 0 points

Rarely = 1 point

Sometimes = 2 points

Often = 3 points

Always = 4 points

Total Score: _____

Interpretation:

0-10 points: Your responses suggest that your relationship with substances or behaviors may not indicate addiction at this time. However, it's essential to monitor your habits and seek support if you notice any concerning changes.

11-20 points: Your responses indicate moderate to occasional issues related to addiction. Consider reaching out to a healthcare professional or addiction specialist for further assessment and support.

21-30 points: Your responses suggest a significant likelihood of addiction-related issues. It is crucial to seek professional help from a healthcare provider, counselor, or addiction specialist to address your concerns and explore treatment options.

31-40 points: Your responses indicate a high probability of addiction-related issues that require immediate attention. Please seek professional help as soon as possible to address your addiction and begin the journey to recovery.

Note: *This quiz is for informational purposes only and should not replace a professional evaluation. If you are concerned about your substance use or addictive behaviors, please seek guidance from a qualified healthcare provider or addiction specialist.*

You can also take these free tests online using these links:

<https://screening.mhanational.org/screening-tools/addiction/>

<https://healthyliferecovery.com/am-i-an-addict/>