

- 29. **I look for people who are worse than me.**
I try to use with people who are worse off than I am. It makes me feel better.
- 30. **I can't function.** Even when I can't use, I have difficulty thinking, remembering, and doing things that used to be easy.
- 31. **I feel afraid.** I feel like something terrible might happen to me, people are out to get me, and I have to be on guard at all times.
- 32. **I am giving up.** I don't try to change anything. I just wait to see what happens.
- 33. **Nothing else matters.** Getting something to use, using, and getting over using are my whole life.
- 34. **I turn to God or a higher power.** I want God or another higher power or some religion to save me from my life.
- 35. **I feel lost and alone.** I don't try to pretend my life is normal. I know I am an addict or alcoholic. My life won't change—or can't change.
- 36. **I feel totally defeated.** I am willing to do anything to get better.
- 37. **I am confined.** I have been incarcerated or in mental health units because of my using.
- 38. **I have used while incarcerated.** I have used alcohol or other drugs while incarcerated.
- 39. **I have used after treatment during incarceration.** I have been in an addiction treatment program while incarcerated. I started using again after I successfully completed the program.

Add up the number of statements you've checked for each stage of addiction. Write that number in the box next to each stage.

► **Early-stage addiction**

Number of boxes checked for questions 1–12: _____

If you have one or more checks in the first section, there is a possibility that you abuse or are addicted to alcohol or other drugs. The closer your score is to 12, the higher your chances of being an addict.

► **Middle-stage addiction**

Number of boxes checked for questions 13–24: _____

Any number of checks in this section means that you are addicted and have started to have bad things happen to you because of your addiction. The closer your score is to 12, the more addicted you are and the worse things will get if you don't get help.

► **Late-stage addiction**

Number of boxes checked for questions 25–39: _____

Any number of checks in this section means that you are in the late stage of addiction. During this stage, you may have given up hope and thought that you could not do anything to change. Without help, your chances of dying from your addiction are very high if you continue to use alcohol or other drugs.

