

## DRUG SELF-ASSESSMENT

### How Can You Tell If Drug Use is a Problem?

1.	Do you have concerns about your drug use, why you use, how much, and/or how you feel when you use?	Yes / No
2.	Has someone close to you expressed concern about your drug use?	Yes / No
3.	Have you ever substituted one drug for another, thinking that one particular drug was the problem?	Yes / No
4.	Have you ever taken one drug to overcome the effects of another?	Yes / No
5.	Have you ever decided to stop or reduce your drug use, but it didn't last very long?	Yes / No
6.	Do you avoid people or places that do not approve of you using drugs?	Yes / No
7.	Have you ever used a drug without knowing what it was or what it would do to you?	Yes / No
8.	Do you feel more like yourself when you are high?	Yes / No
9.	Do you ever use drugs before going to class, to work, or before appointments?	Yes / No
10.	Do you regularly use a drug when you wake up or before you go to bed?	Yes / No
11.	Do you continue to use despite negative consequences in your life?	Yes / No
12.	When things are stressful at school, work, with your family, or in relationships, do you use drugs to forget about it or to make yourself feel better?	Yes / No
13.	Have you ever stolen drugs, or lied or stolen to obtain drugs?	Yes / No
14.	Has drug use affected your relationships? Have you lost friends as a result of your use or behavior while using?	Yes / No
15.	Have you ever been hospitalized or arrested as a result of drug use?	Yes / No

A “yes” to one or two questions could be a warning sign.

A “yes” to three or more questions could mean that drugs have become problematic for you.

If you are concerned about some of the questions listed above, please contact the UCSB Alcohol and Drug Program for a *free and confidential* appointment with one of our counselors. Additional resources about drugs can be found on the Alcohol & Drug Program website.

UCSB Alcohol and Drug Program

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