



## CARE's WorkLife Solutions

Toll Free 866.888.1555

[www.caresworklifesolutions.com](http://www.caresworklifesolutions.com)

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# Chemical Dependency Self Test

Medical professionals recognize that dependence on alcohol or other drugs is a disease. Unlike other diseases, however, a chemically dependent person is the last to know s/he has a problem due to denial. Denial enables the chemically dependent person to continue using substances, despite the consequences. Before this person can begin recovery and learn to lead a sober life, s/he must overcome this denial.

To help in this task, answer the following questions truthfully and honestly. The more “yes” answers, the greater the likelihood that chemical dependency is a problem for you.

- Have you ever tried to cut down or quit using some substance, yet failed to do so?
- Have you ever experienced “blackouts” or lapses of memory when you used a substance?
- Do you use the substance alone and hide the evidence of your use?
- Do you use the substance to forget problems or to overcome worries?
- While under the influence of the substance, do you do things you later regret?
- Are you unable to enjoy an event or to feel comfortable socially unless you are using the substance?
- In a social gathering, do you use more of the substance than others?
- Has your employer, a friend or a family member expressed concern about your substance use?
- Are you willing to do almost anything to use the substance?
- Have you had financial or legal problems because of your use of the substance?

Chemical dependency is a disease, which means it can be treated. If you have a problem related to your use of substances, call 866.888.1555 and speak to a clinician at the CARE's WorkLife Solutions. Also, call if you believe someone close to you may have a chemical dependency problem. A host of support groups and counseling options are available.