



## Are You or a Loved One Addicted?

The Gracer Behavioral Health team has worked with many people to break the bonds of addiction. Our approach is humane and holistic. If there are underlying medical, pain or psychiatric issues, we understand that these must be treated along with the addiction for the best chance of success. Most importantly, we recognize that addiction is a disease that requires medical treatment, just like diabetes or heart problems.

It all starts when the addicted person realizes that there is a problem and that they can get help that works. We've developed a questionnaire to help you and your loved ones realize whether addiction is an issue and how it might be affecting your life. We strongly urge you to answer these questions for yourself or a loved one. This tool, along with others we've developed such as the Readiness Quadrant (RQ), help determine the addicted person's perception of prior substance abuse treatment and the course of current treatments, as well as their willingness to try new treatments.

A drink is defined as a 12-ounce beer, a glass of wine, or a shot of liquor. A 40-ounce beer is equal to three drinks.

To be Answered by MEN UNDER 65 ONLY:		Circle one:	
1.	Do you typically drink more than two drinks per day?	Yes	No
2.	On average, do you drink more than 14 drinks per week?	Yes	No
3.	Do you ever drink more than five drinks at any one time?	Yes	No



To be Answered by ALL WOMEN and MEN OVER 65:			
1.	Do you typically drink more than one drink per day?	Yes	No
2.	On average, do you drink more than seven drinks per week?	Yes	No
3.	Do you ever drink more than four drinks at any one time?	Yes	No
To be answered by EVERYONE:			
4.	Do you use any drugs other than tobacco or those prescribed by a physician?	Yes	No
5.	Do you take more medication than you need or is prescribed?	Yes	No
6.	Do you get pain medication from more than one physician?	Yes	No
7.	Have you ever felt you should cut down on your drinking or drug use?	Yes	No
8.	Have people ever annoyed you by criticizing your drinking or drug use?	Yes	No

9.	Have you ever felt bad or guilty about your drinking or drug use?	Yes	No
10.	Have you ever had a drink or used a drug first thing in the morning (eye-opener) to steady your nerves or to get rid of a hangover?	Yes	No
11.	Has your drinking or drug use caused family problems?	Yes	No
12.	When drinking or using drugs have you ever had a memory loss or blackout?	Yes	No
13.	Would you be interested in speaking with a counselor about your or a loved one's alcohol or drug use?	Yes	No

**Scoring Section One: Questions for Men or Women:**

***For Men:***

1. Drinking more than two drinks per day signals potentially damaging drinking habits.
2. Drinking more than 14 drinks per week is correlated with significant health problems such as cancer, accidents, liver disease, and so on
3. Consuming five or more drinks per occasion is considered a binge-drinking episode.

One or more “Yes” answer is a concern, especially if excessive drinking behavior is related with problems (driving intoxicated, arguments with others, mood swings, and so on).

***For Women:***

1. Drinking more than one drink per day signals potentially damaging drinking habits.
2. Drinking more than seven drinks per week is correlated with significant health problems such as cancer, accidents, liver disease, and so on
3. Binge drinking for women is four or more drinks per occasion.

One or more “Yes” in this section signals a need for further inquiry. This is especially true if drinking causes life problems (driving intoxicated, arguments with others, mood swings, and so on).

**Scoring Section Two**

If you answered “yes” to three or more questions, you (or your loved one) may have a problem with addiction. I strongly urge you to read the book, *A New Prescription for Addiction*, by Richard Gracer, MD, to become as informed as possible about the disease of addiction and remember: *you can stop*.