



## The Addiction Awareness Check

10 questions. Take a moment to be honest with yourself

Tick YES if the following statements have been true for you during the past 12 months

*\*this is an awareness tool, not a diagnostic test*

1. Have you found yourself, doing or using something more often, or in larger amounts that you originally intended?
2. Have you ever tried to cut down or stop a behaviour or substance, but found it difficult?
3. Do you sometimes feel a strong urge or craving for it?
4. Have you used the behaviour or substance to cope with stress, difficult emotions, loneliness or pressure?
5. Has it ever affected your sleep, energy, mood or ability to concentrate?
6. Has it ever affected your performance, reliability, or responsibilities at work/home/school?
7. Have you hidden, minimised or been uncomfortable talking about how much time or money you spend on it?
8. Have people close to you expressed concern or commented on your behaviour?
9. Have you continued even though you knew it was causing problems for you or others?
10. Would you find it uncomfortable or difficult to stop completely for the next 30 days?

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| 0 - 1 YES<br>Stay Aware                                                                                | 2 - 3 YES<br>PAY ATTENTION                                                                                                 | 4 - 6 YES<br>TIME TO ACT                                                                                             | 7 - 10 YES<br>SEEK SUPPORT                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| There are few warning signs. Keep paying attention to your habits and what role they play in your life | Some early warning signs may be present. Consider what triggers the behaviour and if you would benefit from reducing them. | Different warning signs are present. Consider talking to someone you trust and seek professional advice and support. | Your answers suggest that your behaviour may be having a significant impact on your life. We strongly encourage speaking to a qualified healthcare professional. |