

# 31 Symptoms Checklist

**INSTRUCTIONS:**The following is a list of common behaviors indicating the presence of alcoholism/chemical dependency. Check all of those which apply to you.

- \_\_\_\_\_ 1. Using before parties/social events
  - \_\_\_\_\_ 2. Loss of control over amount used/or outcome
  - \_\_\_\_\_ 3. Making excuses for using
  - \_\_\_\_\_ 4. Emotional cost (guilt, shame, etc., due to use)
  - \_\_\_\_\_ 5. Attempted control/abstinence
  - \_\_\_\_\_ 6. Changing using styles
  - \_\_\_\_\_ 7. Preoccupation when not using
  - \_\_\_\_\_ 8. Physical problems related to using
  - \_\_\_\_\_ 9. DWI (s) & operating machinery, vehicles, etc., while intoxicated
  - \_\_\_\_\_ 10. Drunk/high for any number of days in a row
  - \_\_\_\_\_ 11. Able to use more or less than before
  - \_\_\_\_\_ 12. Using to achieve emotional/social comfort
  - \_\_\_\_\_ 13. Discomfort (physical/emotional) when not using
  - \_\_\_\_\_ 14. Using at inappropriate times/places
  - \_\_\_\_\_ 15. Personality changes when using
  - \_\_\_\_\_ 16. Broken Promises/resolutions
  - \_\_\_\_\_ 17. Sneaking using; hiding drugs; stockpiling (making sure you don't run out)
  - \_\_\_\_\_ 18. Gulping (drinking fast)
  - \_\_\_\_\_ 19. Using alone
  - \_\_\_\_\_ 20. Avoid talking about using
  - \_\_\_\_\_ 21. Work/school problems due to using
  - \_\_\_\_\_ 22. Marital/family problems due to using
  - \_\_\_\_\_ 23. Sexual problems due to using
  - \_\_\_\_\_ 24. Friends comment/worry about using
  - \_\_\_\_\_ 25. Arrests related to using
  - \_\_\_\_\_ 26. Morning using
  - \_\_\_\_\_ 27. Loss of other interests due to using
  - \_\_\_\_\_ 28. Loss of friends due to using
  - \_\_\_\_\_ 29. Suicide attempts or suicidal thoughts due to using
  - \_\_\_\_\_ 30. Using other alcohol based substances (cough syrup, perfume, cologne, moughwash, extracts or other substances like sniffing glue, correction fluid, etc)
  - \_\_\_\_\_ 31. When was the last time you used any alcohol and/or any mood-altering drug/substance? \_\_\_\_\_
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