



NARCOTICS ANONYMOUS

AM I AN ADDICT?

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AM I AN ADDICT?

This question can only be answered by yourself. If you are an addict, before any progress can be made toward recovery, you must first admit and accept the fact that you have a problem with drugs.

This is not an easy thing for many of us to do. All through our usage, we told ourselves "I can handle it". This was true at the beginning, but it is not so now. The drugs handle us. Remember alcohol and marijuana are drugs.

The following is a list of questions written by a cross-section of addicts in the worldwide fellowship of Narcotics Anonymous.

- 1) Do you avoid people and/or places that do not condone your usage?
- 2) Do you spend your money on drugs rather than food and other necessities?
- 3) Do you think that everyone in the world is crazy except yourself?
- 4) Do you wonder why some people don't want to use?
- 5) Does the thought of running out of drugs leave you with a feeling of impending doom?
- 6) Do you guard your supply?
- 7) Do you get more drugs when your supply is running low or as soon as you run out?
- 8) Do you like to use alone?
- 9) Have you tried substituting one drug for another, thinking that "one" particular drug was your problem?
- 10) Do you neglect your responsibilities because you'd rather get high?
- 11) Do you use because your family drives

you crazy?

- 12) Do you con doctors for "legal" drugs, telling yourself that it's okay to use them because they aren't illegal?
- 13) Do you have more than one prescription at one time with different doctors?
- 14) Do you use something to help you get going in the morning, or to slow you down at night?
- 15) Do you use illegal or "hard" drugs and think there is nothing that can be done to kick the habit?
- 16) Have you ever been in trouble with friends, family, school, jobs or the law because of drug-related incidents?
- 17) Have you been arrested for drinking or drunk driving?
- 18) Do you steal drugs or money to buy drugs?
- 19) Do you have more than one hiding place for your drugs?
- 20) Do you have empty alcohol containers in your vehicle?
- 21) Did you smoke your plant before it was two feet tall?
- 22) Do you steal your friend's drugs?
- 23) Do you fight over the cotton shot, or the biggest line?
- 24) Have you ever shot or snorted your best friend's morning (wake-up) high?
- 25) Have you ever sharpened a needle on a match box?
- 26) Do you collect paraphernalia?
- 27) Do you take drugs that you don't prefer?
- 28) Do you do things while under the influence that you would not do while straight?

- 29) Do you hide your drugs, even if you live alone?
- 30) Have the good times gone from your using?
- 31) Have you searched other people's medicine cabinets?
- 32) Do you think you must be high to have a good time?
- 33) Do you ever question your own sanity?
- 34) Do you lie about what or how much you use?
- 35) Do you use drugs to overcome your fear of people?
- 36) Have you considered suicide?
- 37) Are you preoccupied with getting high?
- 38) Have you tried to control your using?
- 39) Do all of your activities center around drugs?
- 40) Are you ashamed of your using?
- 41) Have you ever over-dosed?
- 42) Have you ever tried to quit and failed?
- 43) Do you choose your friends by the drugs they have?
- 44) Do you think you might have a drug problem?
- 45) Do you want to stop using, but can't do it alone?

Addiction is a disease that ends in jails, institutions and death. Many of us came to Narcotics Anonymous because drugs had stopped doing what we needed them to do. Addiction takes our pride, self-esteem, family, loved ones and even our desire to live. If you have not reached this point in your addiction, you don't have to. We found that our own private hell is within us.

If you can get serious about the things that have and are happening to you and admit you are having a problem with drugs, you can find help in the fellowship of Narcotics Anonymous.

These questions, when honestly approached, may help to show you how drugs could be making your life unmanageable. If you answer 5 or more yes, you may want to find out what it is like to live without drugs. We can care, feel, love and be loved. We don't have to use drugs, we have a choice.