

# One in 12 Self-Assessment

Do you suspect you might be struggling with addiction? Take our self-assessment below, and find out if you should learn more about the one in 12.

- Do you often black out and forget what happened when drinking?
- Do you drink or use alone?
- Do you think about drinking or using often during the day?
- Is your use making your home life unhappy? (Are parents or significant others starting to give you a hard time?)
- Do you continue to drink or use when others have stopped?
- Has your school or job performance suffered because of your drinking or drug use?
- Do you miss school or work because of drinking or drug use?
- Are you taking a friend's prescription?
- Are your 30-day prescriptions out before 30 days?
- Do you crave alcohol or a specific drug?
- Has your tolerance increased? Do you have to drink more or do more drugs to reach the desired effect?
- Do you drink or use because of emotional strain and stress?
- Do you lie to your doctor or others about how much you drink or use?
- Have you ever been hospitalized because of drinking or drug use? Have you ever had alcohol poisoning?
- Have you ever tried to stop or control your drinking or using? Were you unable to?
- Do you feel guilty or ashamed because of your drinking or drug use?
- Do you think you might have a drinking or drug problem?
- Are you One in 12? Only you can answer.

If you answered 'yes' to two or more of these questions, you may want to consider learning more about the One in 12, and how you can get help. Visit [www.SoberLivingAmerica.org](http://www.SoberLivingAmerica.org) for more information, or call 813-605-2015.