

**The Following self-assessments are designed to assist clients in recognizing the signs and symptoms of addiction /dependency.**

- Do other people's comments about your drinking or drug use anger you?
- Are you pre-occupied with thoughts of drinking or drug use?
- Do you drink or use drugs at socially unacceptable times or in socially unacceptable situations?
- Do you drink or use drugs to relieve tension, calm your nerves or to make you feel 'better' ?
- Do you feel guilty about your drinking or drug use?
- Do you drink or use drugs alone or in secret?
- Have you tried to cut down on your drinking or drug use but failed?
- Do you avoid social situations where you cannot drink or use drugs?
- Have you risked losing your job or family because of your alcohol or drug use?

If you answered "yes" to any of the questions, it might mean that you have a problem which requires professional help.

**AC Wellness offers a free , no obligation one-on-one assessment to assist you in making the correct choice.**