

Am I Addicted? 12 Questions

Most addicts don't need to ask this question, they already know the answer. A life that revolves around the next fix, it fills your waking hours. Getting up in the morning (afternoon?) and getting everything into place. First, set the scene for the first act. Scheming and plotting for the money, then for the substance. Fixed! First you get the habit. Then the habit gets you. Addicts live to use, and use to live. Very simply, an addict is a person whose life is controlled by a substance or action. Addicts are people living with a chronic relapsing illness steadily progressing to the same end, prison, illness, poverty, and death. Only you can decide if you have an addiction. How do you know if you are being impartial even to yourself? The following questions may help you make this decision. If you answer Yes to four or more questions, you may have a problem that can be solved with the right help, if you bring it into the open. Remember, that it is no disgrace to admit that you have a problem. Answer the following 12 questions to find out if you need to take the 12 Steps! 1 - Have you ever decided to stop drinking/drugs for a week or so, but only lasted for a day or two? 2 - Do you wish people would mind their own business about your drinking or drugs and stop telling you what to do? 3 - Have you ever switched from one kind of drink or drugs, to another, in the hope that this would keep you from getting hooked or stoned? 4 - Have you needed something to help you face the day when you wake up, during the past year? 5 - Do you envy people who can drink or do drugs without getting into trouble? 6 - Have you had problems connected with drinking or drugs during the past year? 7 - Has your drinking or drug taking caused trouble at home? 8 - Do you ever try to get "extra" drinks or drugs at a party to top up? 9 - Do you tell yourself that you can stop drinking or doing drugs any time you want to, even though you keep getting drunk or stoned when you don't mean to? 10 - Have you missed days of work or school because of drinking? 11 - Do you have "blackouts"? 12 - Have you ever felt that your life would be better if you did not drink or do drugs? Did you answer Yes, four or more times? If so, you are probably addicted. Why can this be stated with such authority? It is because thousands of people in recovery have had to answer these questions. They found out the truth about themselves, the hard way. Ask yourself one more question. Where will you be in one year's time if you keep doing what you are doing now? Decide if you are going to take the first step to sort out your problem. Try to keep an open mind. There are many people waiting to help you move forward. Remember, there is hope. It's never too late to make a brand new start.

About the Author

Alan Butler is a Recovery Coach. He has worked with recovering alcohol and drug addicts for the last 10 years. Three years were spent as a resident staff member on the Ovis Farm Project in North Devon England. His interests are Internet Marketing, Walking and Grandparenting. He would welcome your comment on this article or any of the postings on <http://www.therecoverycoach.co.uk>

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