



IS IT **REALLY** A PROBLEM?

10 Questions to Get Clarity About Your Drinking or Pill Use

*Your actions
become your*
HABITS.

*Your habits
become your*
CHARACTER.

*Your character
becomes your*
DESTINY.

**Are your actions today leading
you to the future you have
planned for?**

It's easy for a few too many drinks
or prescribed pain medications to
mushroom into a bigger problem –
one that has the power to destroy
your life as you know it.




But how can you tell if it's time to address your substance use?

Many people think you have to wait until a major “rock bottom” moment like a DUI to start taking steps toward a substance-free life. The reality is, however, that the bottom is where you stop digging. You don't have to take a chance and see how bad it gets before changing the course of your life.

Even if life still looks good, your actions today could be taking you off course, away from the life you deserve.





How can you tell if you have a problem in the making?

These ten questions can help.

1. Do you get irritated when other people make comments about your drinking or pill use?
2. Has your drinking or pill use ever caused problems in any of your relationships?
3. Have you ever decided to go cold turkey for a little while, but only made it a few days?
4. Have you missed work or other events because of your substance use?
5. Do you tell yourself you can stop any time you want, even though you keep getting loaded when you don't mean to?

6. At parties, are you ever anxious that you might not be able to get enough drinks, or get them fast enough? If you take pills, do you get anxious when you start to get low?
7. Have you ever switched from hard liquor to beer, or made another switch, in the hopes it would get you less buzzed?
8. Have you ever had to have a hair of the dog drink in the morning?
9. Have you ever blacked out or passed out because of your substance use?
10. Do you have a feeling your life might be better if you stopped drinking or using pills, even just for a little while?



If you answered yes to any of these questions, you may be facing a growing problem. Taking action before it's too late could save your life.



For a confidential and no-pressure conversation about your life and your options, call us today. Our discreet, professional facility may be the perfect place to get your life back on track.

