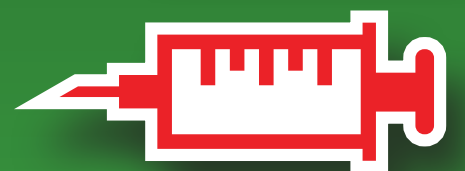


How do I know if my substance use is a problem?



Ask Yourself:

- 1** Do you feel that you have to use regularly-daily or several times a day?
.....
- 2** Do you have intense urges or craving to use that block out any other thoughts?
.....
- 3** Do you need more of the substance as time progresses, to get the same effect?
.....
- 4** Are you consuming larger amounts of the substance over a longer period of time?
.....
- 5** Are you spending money on the substance, even if you can't afford it?
.....
- 6** Are you not meeting school or work obligations, or cutting back on things you used to enjoy because of substance use?
.....
- 7** Are you continuing to use the substance, despite negative consequences associated with your use?
.....
- 8** Are you feeling rejected by others, or in regular conflict with others in your life?



If you can relate to any of these questions, it might be time to get help to make changes.



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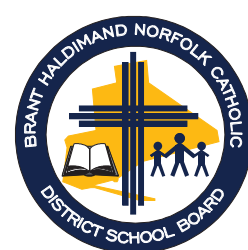
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