

*The*  
**MEND**  
CALIFORNIA

**IS IT TIME TO**  
*quit?*

10 QUESTIONS  
TO FIND CLARITY

When does partying become a problem? If you've ever wondered about your own drinking or drug use, you know that it can be hard to tell when it crosses the line.

Sometimes it might seem like everyone parties like you do. Or maybe you think you can quit whenever you want.

It's hard to be honest with yourself when it comes to substance use. But maybe these questions can help.



1. Do you get annoyed when people make comments about your drinking or using?
2. Has your drinking or using caused trouble in your relationships?
3. Have you had other problems connected with your partying in the past year?
4. Do you ever feel jealous of people who can get loaded without getting into trouble?
5. Have you missed work, school, or important events because of your substance use?

6. Have you ever decided to take a break from drinking or using, but only lasted a couple of days?
7. Do you ever feel like you need to load up on drinks or drugs at a party because you're afraid you won't get enough to have a good time?
8. Have you ever switched up your usual drink or drug in the hopes you wouldn't get so drunk or high?
9. Have you ever had to drink or use first thing in the morning to feel OK?
10. Have you ever felt that your life would be better if you did not drink or use?

If you answered YES to even one of these questions, you might have a problem with alcohol or another substance. This is not an official diagnosis, but you don't have to figure it out on your own.

Tackling addiction without professional help can be overwhelming – and even dangerous. The Care Coordinators at The Mend are ready to listen to your story, and to help you decide what comes next.

## THE HEALING *Starts here*

[www.themendcalifornia.com](http://www.themendcalifornia.com)

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