



“With Sobriety, Anything is Possible”

RACING for RECOVERY

EST. 2001

Self Assessment Test

These questions are designed for you to personally ponder to determine if you need to seek professional assistance with your addiction. Help is available and “With Sobriety, Anything is Possible.”

Contact Racing for Recovery at 1.866.SOBER.01 for help.

1. Why are you taking this self assessment?
2. Do you drink or use to enhance your life?
3. Does a life without alcohol or drugs seem like a fun life to live?
4. Have you ever set a goal to stop or reduce your drinking or using and failed to reach it?
5. Do you have a favorite drink or drug?
6. How would it be for you if someone said they were taking that drink or drug away?
7. What do you remember about the first time you ever drank or used?
8. What is your mood like when you cannot have your favorite drink or drug?
9. Has anyone ever told you that they are concerned by your drinking or using?
10. Do you ever have regrets about how you behaved under the influence?



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11. Do you sleep well?
12. How is your physical health?
13. Does alcohol or drugs seem to have an affect on your ability to connect with your feelings?
14. Is your efficiency in life affected by your alcohol or drug use?
15. Does alcohol or drug use put your job or finances in jeopardy?
16. Have you ever sought help for your drinking or using habits before?
 - A. What was the result?
17. Do you often feel hopeless?
18. Have your personal or business relationships been affected by your drinking or using?
19. Do you regret spending money on alcohol or drugs after you have already spent it?
20. Do you need to get a little something in you (alcohol or drugs) before you go out?
21. Are your children affected by your drinking or using?
22. If someone offered you help, would you take it?