

Do You Need to Quit Drugs & Alcohol?

Answer These 10 Questions & Find Out

How do you know when the party's over? If you've been abusing drugs and alcohol, it can be hard to tell when your situation goes from concerning, to serious, to actually life-threatening.

It gets even harder if you're surrounded by people who party like you do, telling you you're really "not that bad." Maybe all you need is a few days off. Maybe you just need to cut back a little bit. Or maybe, you are headed for total destruction.

How can you tell if you really need to quit? These questions can help.



TRANSFORMATIONS CARE



1. Do you get seriously annoyed when people make comments about your drinking or using?
2. Has your drinking or using caused issues 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 drinking or using?
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?

Here's a dose of reality: If you answered YES to even one of these questions, you probably have issues with alcohol or another substance. Of course, a quiz can only go so far.

If you want to know what would really be best for you right now, call us. We'll give you our No-BS take on your situation, and what you might want to do next. It's a phone call that might save your life—and will definitely change it.

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