

Family Self Assessment

- Does this person spend more time alone or sleeping than normal?
- Does this person show any signs of depression?
- Does this person alienate his/her self from you for days at a time?
- Are there physical health problems appearing, pale skin, bags under their eyes, etc.?
- Does this person sleep or not eat for what seems like days at a time?
- Does this person seem constantly nervous or show signs of any anxiety?
- Have you found any paraphernalia or direct evidence of use?
- Has this person expressed a desire to quit or seek help?

Have you ever heard the following?

- I'm sorry if I said anything to offend you. I was drunk and didn't mean it.
- I forgot everything, it's a complete blank. How did I get home?
- This time I finally learned my lesson
- I swear that I will not drink again
- Big deal, I drank/used too much, it's not the end of the world
- What's the problem, I only drink/use on the weekends
- I don't get high/drunken at work; it's only on my personal time

If you have answered yes to one or more of these questions or you have heard these excuses before, your loved one may be facing an addiction that they cannot control. Contact CRDC's Regional Recovery Center for confidential information at 1-870-932-0228.