

Clean Acres Recovery Housing

My Personal Inventory

Name: _____

Date: _____

Yes No

- ___ ___ 1. Do you occasionally drink heavily or get really high after a disappointment, a quarrel, or when someone gives you a hard time?
- ___ ___ 2. When you have trouble or feel under pressure, do you drink more heavily than usual or get higher than usual?
- ___ ___ 3. Have you noticed that you are able to handle more liquor and other drugs than you did when you first started to drink or first get high?
- ___ ___ 4. Are there times when you don't remember what you did when you were high or when you were drinking?
- ___ ___ 5. When drinking with other people, do you try to have a few extra drinks when others will not know it, or get a "buzz" before the party starts?
- ___ ___ 6. Are parties with alcohol and other drugs the only ones worth going to?
- ___ ___ 7. Are you in more of a hurry to get a "buzz" than you used to be?
- ___ ___ 8. Do you sometimes feel guilty or bummed out about your drinking or use of drugs?
- ___ ___ 9. Does it bother you if someone says you drink too much or get high too often?
- ___ ___ 10. Have you recently noticed an increase in your memory blackouts?
- ___ ___ 11. Do you often find you wish to continue drinking or getting high after your friends say they have had enough?
- ___ ___ 12. Do you get along better with people when you drink or are high?
- ___ ___ 13. When you are straight, do you regret things you've done or said while drinking or high?
- ___ ___ 14. Have you tried switching substances or following different plans for controlling your use of drugs or alcohol?
- ___ ___ 15. Have you often failed to keep the promises you have made to yourself about controlling or cutting down on the number of times you are high or drinking?
- ___ ___ 16. Have you tried to stay straight by making changes in friends or getting involved in new activities?
- ___ ___ 17. Do you try to avoid some of your family or friends while you're drinking or getting high?

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- ___ ___ 18. Are you having an increased number of legal, school and/or work problems?
- ___ ___ 19. Do more people seem to be treating you unfairly without a good reason?
- ___ ___ 20. Do you eat very little when you're drinking or high?
- ___ ___ 21. Do you find you're extra nervous in the morning and it helps to have a drink or get a little high to settle down inside?
- ___ ___ 22. Have you recently noticed that you cannot drink or use other drugs as you once did?
- ___ ___ 23. Do you sometimes stay high or drunk for several days at a time?
- ___ ___ 24. Do you sometimes feel very depressed and wonder whether life is worth living?
- ___ ___ 25. Sometimes after periods of drinking or being high, do you see or hear things that aren't there?