



## Addiction Test

By Bill Gaultiere

Compulsive problems with alcohol, drugs, sex, food, work, and other behaviors share some symptoms in common. To assess if a behavior pattern qualifies as an addiction I use the acronym A-N A-D-D-I-C-T as a screening test.

To take the assessment identify a personal behavior that might be taking up too much of your time or energy. Then in relation to that, place a check by each question below that you think is true or mostly true for you.

### Take the Test

Keep track of your "yes" answers, circling any of the eight symptoms that have one or more yes answers.

<b>A lone</b>	Do you sometimes use the substance or activity alone?	Y	N
<b>N on-premeditated use</b>	Do you sometimes do this without planning or intending to? Don't family, friends, or conscience tell you that you're doing this too often?	Y	N
<b>A mnesia</b>	Have you ever lost recollection of a period of time during which you used this substance or activity? Do hours seem like minutes when you do this? When doing this do you sometimes forget appointments or commitments?	Y	N
<b>D istracted</b>	Are you distracted with thoughts of doing this? Has your performance at work or school gone down since doing this?	Y	N
<b>D epend on the "high"</b>	Do you anticipate your next opportunity to do this? Do you feel bad if you go an extended period of time without doing this? Have you tried unsuccessfully to cut back?	Y	N
<b>I ncreased tolerance</b>	Are you able to do more of this than most people? Do you keep using this substance or activity more and more to get the "high" you want?	Y	N
<b>C onceal supply</b>	Do you hide this behavior or your access to it? Do you lie about what you're doing?	Y	N

<b>T</b> <b>ranquilizer</b>	Do you do this to feel better or to numb pain? Do you do this to forget about your problems?	Y	N
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## Scoring

Three or more "yes" answers indicate that you may have a problem with an addiction or compulsive behavior. But most people who tend towards being compulsive minimize or deny their problem so it's difficult to do an accurate self-assessment. So if you have *any* yes answers you would be wise to seek honest feedback from someone who knows you well. Ask this person to score your test on your behalf and compare the results.