



Am I ADDICTED?

Please answer YES or NO to the following questions.....

- 1. Are you investing a considerable amount of time either seeking out or thinking about an activity or substance?**
- 2. Have you been unsuccessful in your efforts to cut down or control what you are concerned about?**
- 3. Have you noticed that you need more to achieve the same effect?**
- 4. Has this impacted your work productivity or your finances?**
- 5. Has this decreased your participation in social relationships or recreational activities?**
- 6. Do you experience discomfort when you go without it?**
- 7. Do you feel the need to keep secrets from others concerning it?**
- 8. Do you continue in the behavior despite evidence of negative consequences or guilt?**

If you answered YES to three or more questions, it is likely that you are struggling with an addiction. Please contact Journeys Christian Counseling or another qualified mental health professional to seek a personal evaluation. If an addiction is diagnosed, your health care provider will assist you in receiving appropriate treatment so you can address your addiction and find freedom.